

## 1.2.1 Anspannungsthermometer

The diagram shows a vertical thermometer with a bulb at the bottom and a scale on the right. The bulb is shaded grey and contains a snowflake icon. The scale has a sun icon at the top and a snowflake icon at the bottom. The thermometer is divided into four horizontal sections, each with a label in a black box on the left:

- Gedanke** (Thoughts)
- Emotion** (Emotion)
- Körper** (Body)
- Verhalten** (Behavior)

Each section is followed by a horizontal line for writing.