

Feel-Think-Do Grid

The Feel-Think-Do (FTD) Grid is a framework used to help individuals and families gain awareness of their emotions, thoughts, and actions. When families take time to slow down and process, they can better identify and see the connections between feelings, thoughts, and behaviors and relate them to specific situations they encounter.



Using the FTD grid, have family members individually follow these steps:

1. Describe what happened in the SITUATION section on the grid.
2. Using the FEELING THERMOMETER handout, rate the situation from comfortable to uncomfortable (0-100 or green to red).
3. In the BODY REACTION section, list the sensations experienced or felt during the situation.
4. List any thoughts that occurred during the situation in the THOUGHTS section.
5. Write any actions that were connected in the ACTION section.

For example, a child might identify a SITUATION where their teacher called on them to answer a question at school. The child indicates their FEELING THERMOMETER rating was an 85, their BODY REACTION was muscle tension and butterflies in their stomach, their THOUGHTS were “I don’t know the answer,” and “I don’t know what to say,” and their ACTIONS were to look around the room and shrug.

Once family members have identified a few examples of situations that correspond to feelings ranging from comfortable to uncomfortable, the facilitator may ask family members to share their examples out loud for other family members to hear and learn about. The FTD Grid can help family members become more emotionally regulated and understand how experiences in their family members’ lives affect them.

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SITUATION	FEELING THERMOMETER	BODY REACTION	THOUGHTS	ACTIONS