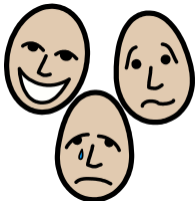



My scale



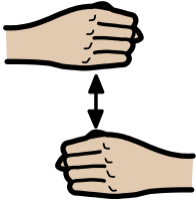
Feeling



Emotions

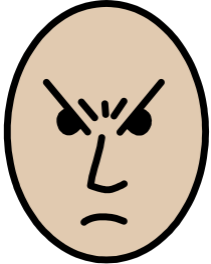


Body



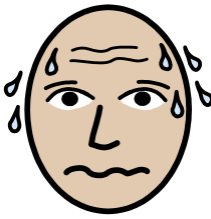
Action

5
five



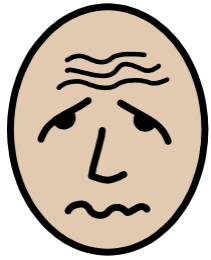
angry
overwhelmed
enraged
devastated
out of control

4
four



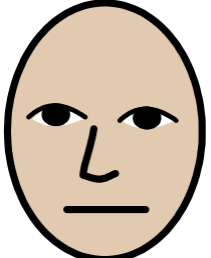
upset
annoyed
frustrated
cross
bothered

3
three



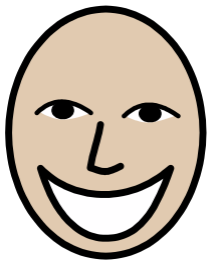
nervous
anxious
worried
concerned
uneasy

2
two



OK
content
patient
fine
fair

1
one



happy
relaxed
calm
carefree
pleased