

5

## Feeling Very Angry

I feel very frustrated and angry! I feel completely overwhelmed and may become unsafe.

Just like:



4

## Starting to Feel Angry

I am getting very angry and I may start to say or do things that I don't mean.

Just like:



3

## Anxious/worried/excited

I feel like I need to run away as fast as I possibly can.

Just like:



2

## Feeling Motivated

I am going to try very best even if I find it hard. I will feel proud when I achieve what I find difficult

Just like:

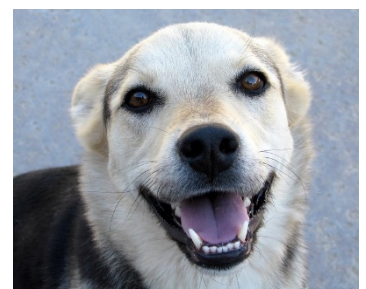


1

## Feeling Happy

I feel really happy and that I can conquer any challenge today!

Just like:

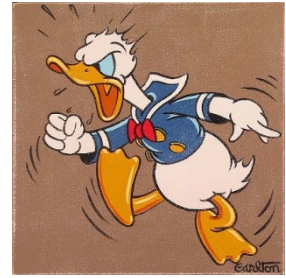


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