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**Pick the main emotion you have been feeling/felt during the last few minutes:**

|  |  |  |
| --- | --- | --- |
| Happiness/Excitement | Anger/Frustration |  Sadness/Disappointment |

Now imagine you have an “Emotions Thermometer” to measure your emotion.

On this scale, 0 is feeling perfectly relaxed and 100 is the strongest of your emotion you can imagine.

Now rate your emotion on the Emotions Thermometer:

**100**

**90**

**80**

**70**

**60**

**50**

**40**

**30**

**20**

**10**

**0**

**Totally relaxed**

**The most \_\_\_\_\_ you have ever felt**

**Very \_\_\_\_\_, can’t concentrate**

**Quite \_\_\_\_\_, gets in the way of what I am doing**

**Medium, in the middle**

**Mild \_\_\_\_\_, it does not get in the way of what I am doing**

**Minimal \_\_\_\_\_, can concentrate**