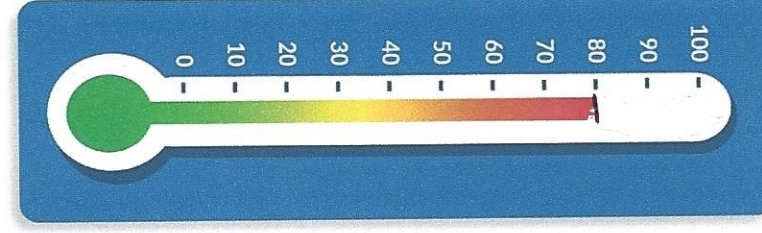
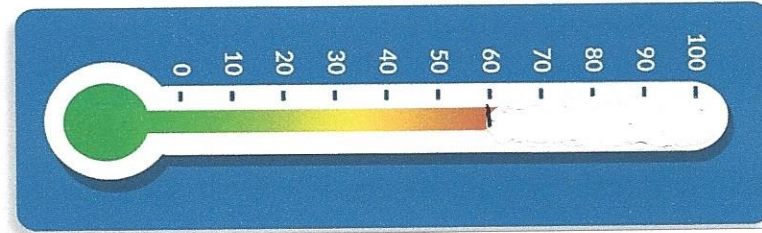
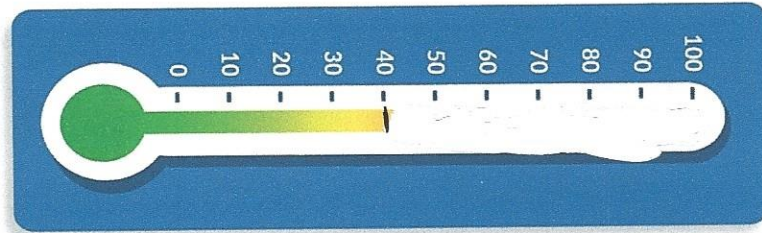
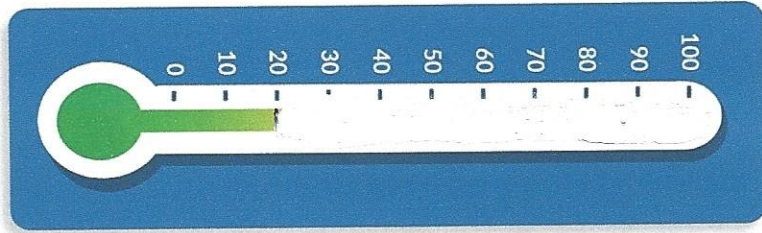
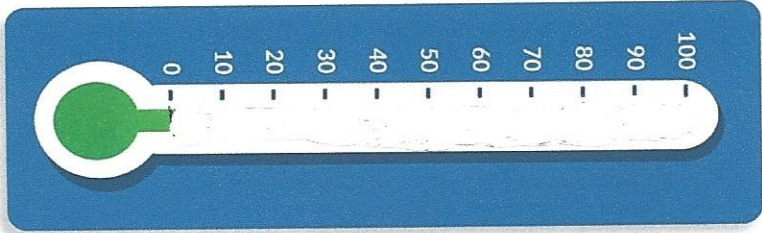


- 100** Highest anxiety/distress that you have ever felt.
- 90** Extremely anxious/distressed.
- 80** Very anxious/distressed; can't concentrate. Physiological signs
- 70** Quite anxious/distressed; interfering with functioning. Physiolo
- 60** Moderate-to-strong anxiety or distress.
- 50** Moderate anxiety/distress; uncomfortable, but can continue to
- 40** Mild-to-moderate anxiety or distress.
- 30** Mild anxiety/distress; no interference with functioning.
- 20** Minimal anxiety/distress.
- 10** Alert and awake; concentrating well.
- 0** No distress; totally relaxed.

Feelings Thermometers



Anchors

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8

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