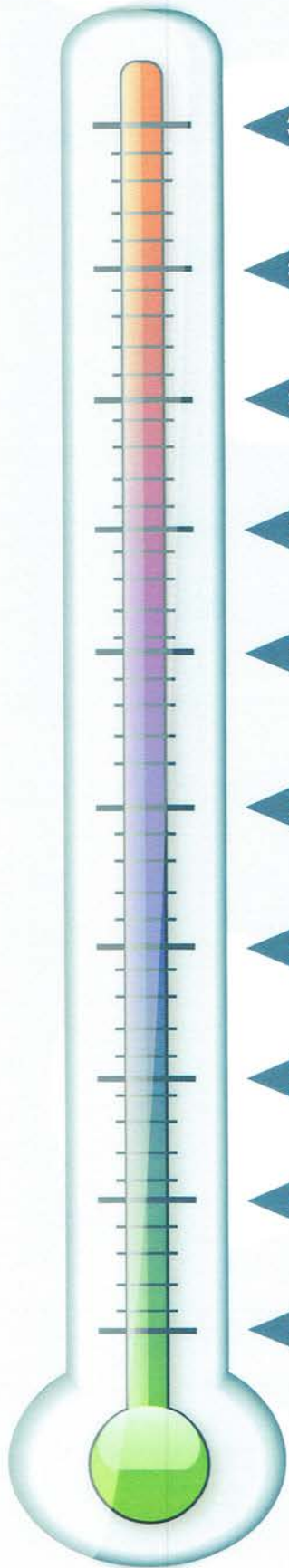


feelings thermometer



← 10. AHHH! Freaking out!!!

← 9. Very bad!!!

← 8. Bad!

← 7. Difficult.

← 6. Not good, not terrible.

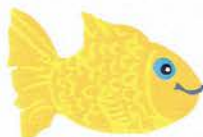
← 5. Okay, but not great.

← 4. Slightly uncomfortable.

← 3. Could be worse.

← 2. Pretty good.

← 1. Good. All is well.



MANAGING YOUR ANGER

WHAT'S BEHIND IT?

