

5	<p>I am out of control and feel like I am going to explode. I want to scream and hit. I need to calm down.</p>	
4	<p>I am getting very angry and am starting to lose it! I need to walk away.</p>	
3	<p>I feel a little out of control or over excited. I want to run away as fast as I can! I need to do something calmer.</p>	
2	<p>I feel a little worried or frustrated. I will try to get through this! I need to be careful not to get overwhelmed.</p>	
1	<p>I feel good! I'm completely in control! I'm happy!</p>	