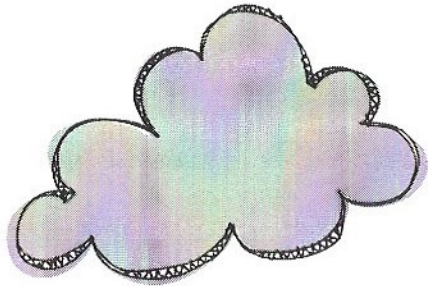
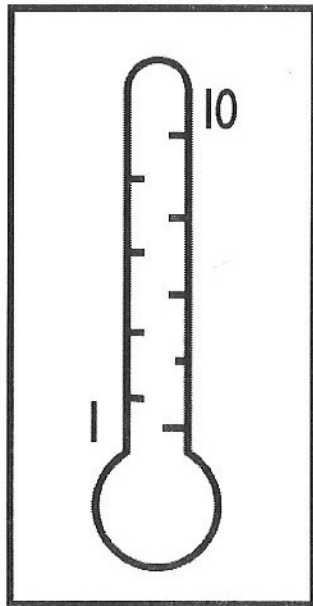


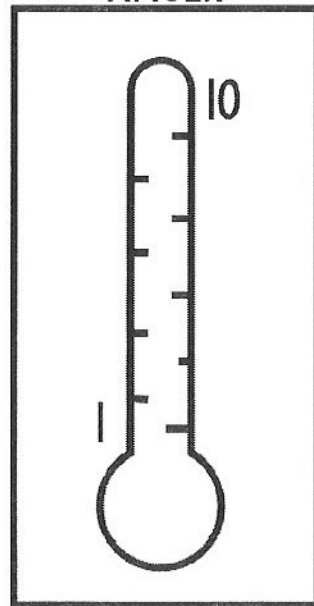
EMOTIONS CAN BE AS UNPREDICTABLE AS THE WEATHER. IT IS IMPORTANT TO CHECK YOUR **EMOTIONAL TEMPERATURE** TO HELP WITH IDENTIFYING FEELINGS.



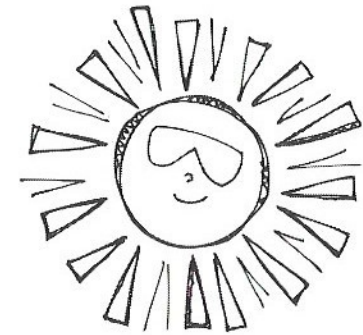
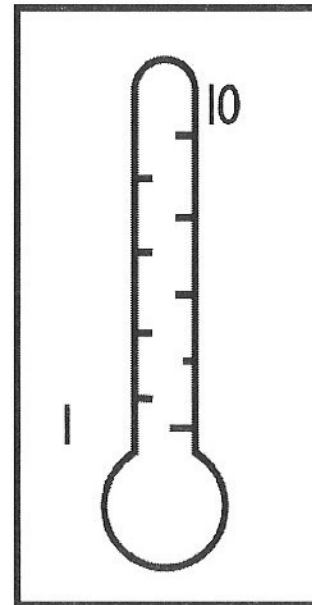
GLOOMY



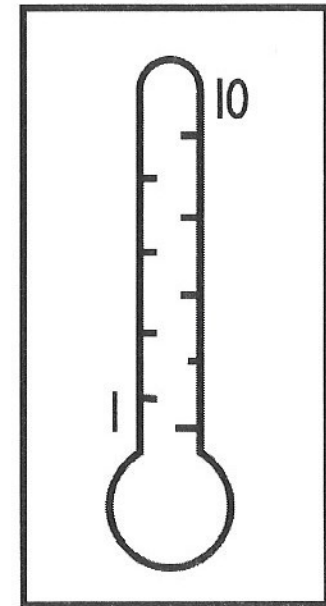
ANGER



SAD



HAPPY



Color each thermometer according to your current mood. Rate from 1 (the most calm) up to 10 (the most extreme).