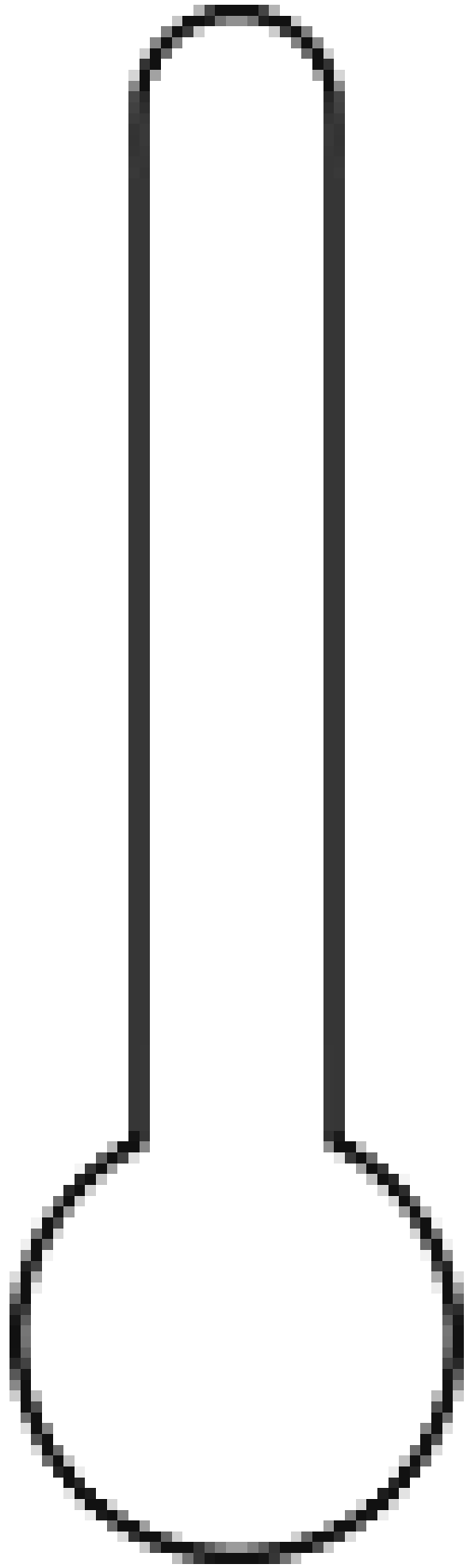


**My Temperature**



## Angry

You may feel  
upset , resentful , Jealous ,overloaded  
Unheard, aggressive

## Annoyed

You may feel  
on edge , frustrated, irritable ,bitter

## Worried or scared

You may feel  
frightened ,intimidated , small , anxious,  
exposed , fearful , trapped

## Sad

You may feel  
down , low in energy , upset or tearful  
Excluded , disappointed, guilty, lonely

## Excited

You may feel  
full of energy, hopeful , optimistic

## Happy

You may feel  
joyful , positive , content ,  
playful

## Calm

You may feel relaxed, peaceful ,  
Balanced, grounded, trusting ,  
accepted, safe