Rate Your Feelings!

DATE:

Not worried or nervous at all

SUPER worried or nervous!

1   2   3   4   5   6   7   8   9   10

Not worried or nervous at all

SUPER worried or nervous!

1   2   3   4   5   6   7   8   9   10

Not worried or nervous at all

SUPER worried or nervous!

1   2   3   4   5   6   7   8   9   10

Not worried or nervous at all

SUPER worried or nervous!

1   2   3   4   5   6   7   8   9   10

Not worried or nervous at all

SUPER worried or nervous!

1   2   3   4   5   6   7   8   9   10

Not worried or nervous at all

SUPER worried or nervous!

1   2   3   4   5   6   7   8   9   10