

ANXIETY THERMOMETER

Color in or circle your anxiety level from 1 (calm) to 10 (very worried).

SITUATION	ANXIETY LEVEL										
	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
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