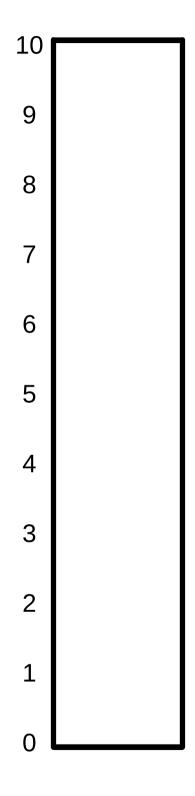
Emotions Elevator



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Emotions Elevator

	Stress Elevator	
10		Screaming
9		Sobbing
8		Breathing stops
7		Start to cry
6		Feeling sick
5		Toes curl
4		Breathing fast
3		Tense jaw
2		Heart rate
1		Fists
0		

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Emotions Elevator

	Anger Elevator	
10		Punching/
9		breaking things
8		Shouting, heart pounding
7		Tearing up
6		Feeling tight
5		stomach
4		Breathing faster
3		Tense jaw
2		Heart rate
1		increase
0		Fists

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