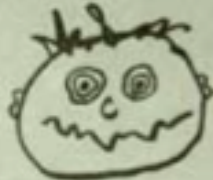







# Fill in your own Stress Scale

Level	Person, place or thing	Makes me feel like this:
5		This could make me lose control!!!! 
4		This can <i>really</i> upset me. 
3		This can make me feel nervous. 
2		This sometimes bothers me. 
1		This never bothers me. 