



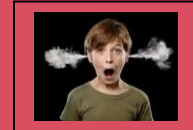
5

Edgy Irritable Mania
Anxiety & Panic
Angry outbursts

I am not feeling in control, I am experiencing sensations of distress

4

3



2

Resiliency Zone:

I can skillfully handle the ups and downs of the day

1

0



-1



-2

I am bumped out!!!

-3



-4



Depression/Sadness Isolated
Exhaustion/Fatigue Numbness

-5

