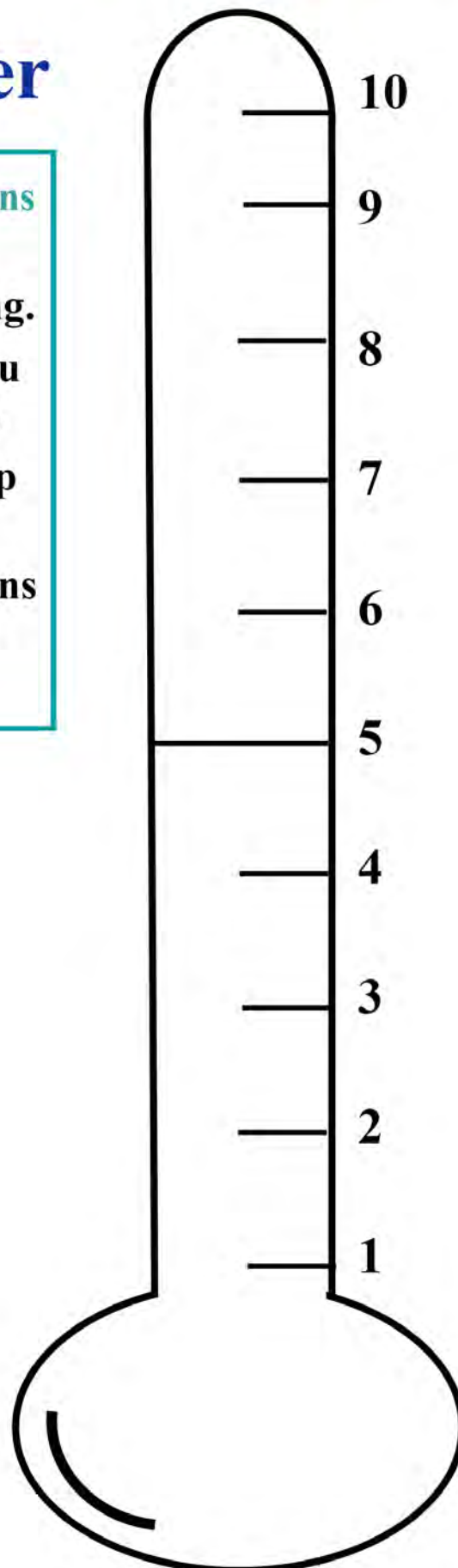


REBOUND & RECOVERY

Emotion Meter

Emotion Meter Instructions

- 1) Pick out what emotion(s) you are feeling.
- 2) Point to how much you are feeling that emotion.
1 is a little, all the way up to 10, which is a lot.
- 3) Try to name the reasons why you are feeling this emotion.



Happy



Sad



Angry



Worried



Calm



Tired