

Directions: Imagine a time when you intensely felt each of the feelings listed below. Rate that intensity on a scale of 1 to 1,000 (1,000 being the strongest) and write it next to the emotion. How many 1s, 10s, and 100s are in each number?

| FEELING | INTENSITY | 1 | 10 | 100 |
|----------------|------------------|----------|-----------|------------|
| Example | 955 | 5 | 5 | 9 |
| Embarrassed | | | | |
| Frustrated | | | | |
| Anxious | | | | |
| Disappointed | | | | |
| Angry | | | | |
| Scared | | | | |