
Content

RIGHT NOW, I am feeling CONTENT:

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|---------------|-----------------|----------------|--------------|
| 0: Not at all | 1: A little bit | 2: Quite a bit | 3: Very much |
|---------------|-----------------|----------------|--------------|

Stress

RIGHT NOW, I am feeling STRESSED:

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|---------------|-----------------|----------------|--------------|
| 0: Not at all | 1: A little bit | 2: Quite a bit | 3: Very much |
|---------------|-----------------|----------------|--------------|

Loneliness

RIGHT NOW, I am feeling LONELY:

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|---------------|-----------------|----------------|--------------|
| 0: Not at all | 1: A little bit | 2: Quite a bit | 3: Very much |
|---------------|-----------------|----------------|--------------|

Sadness

RIGHT NOW, I am feeling SAD:

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|---------------|-----------------|----------------|--------------|
| 0: Not at all | 1: A little bit | 2: Quite a bit | 3: Very much |
|---------------|-----------------|----------------|--------------|

Energy

RIGHT NOW, my ENERGY LEVEL is:

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|--------|-----------------|------------|------------------|---------|
| 0: Low | 1: Somewhat Low | 2: Neutral | 3: Somewhat high | 4. High |
|--------|-----------------|------------|------------------|---------|
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