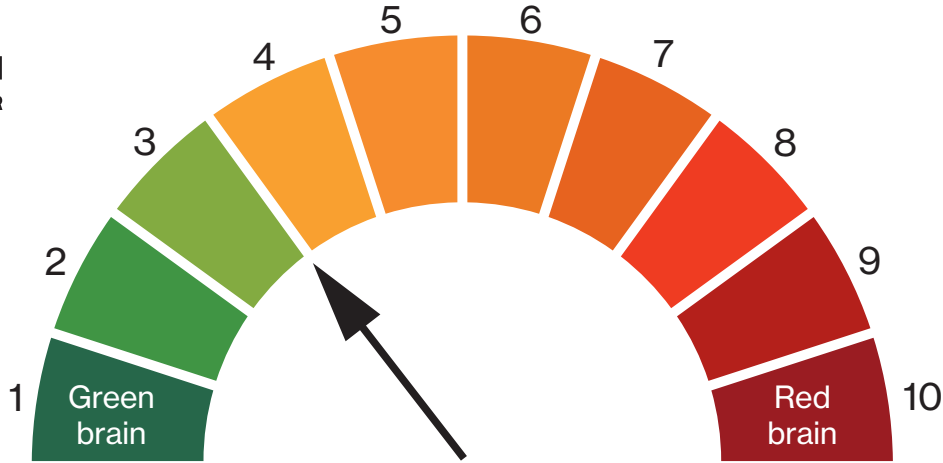


1-10 Scale



10	not in control			
9	lost it			
8	red brain		riri	DANGER
7	fuming		enraged	
6			angry	
5			not thinking	
4	anxious			
3	tense	jumpy		
2	stressed	impatient	frustrated	RISKY
1		hemanawa	porearea	
0			annoyed	
10	OK			
9	green brain - calm		in control	GOOD
8	relaxed		harikoa	
7	managing		pai	

Find more information and resources at

www.rise.net.nz