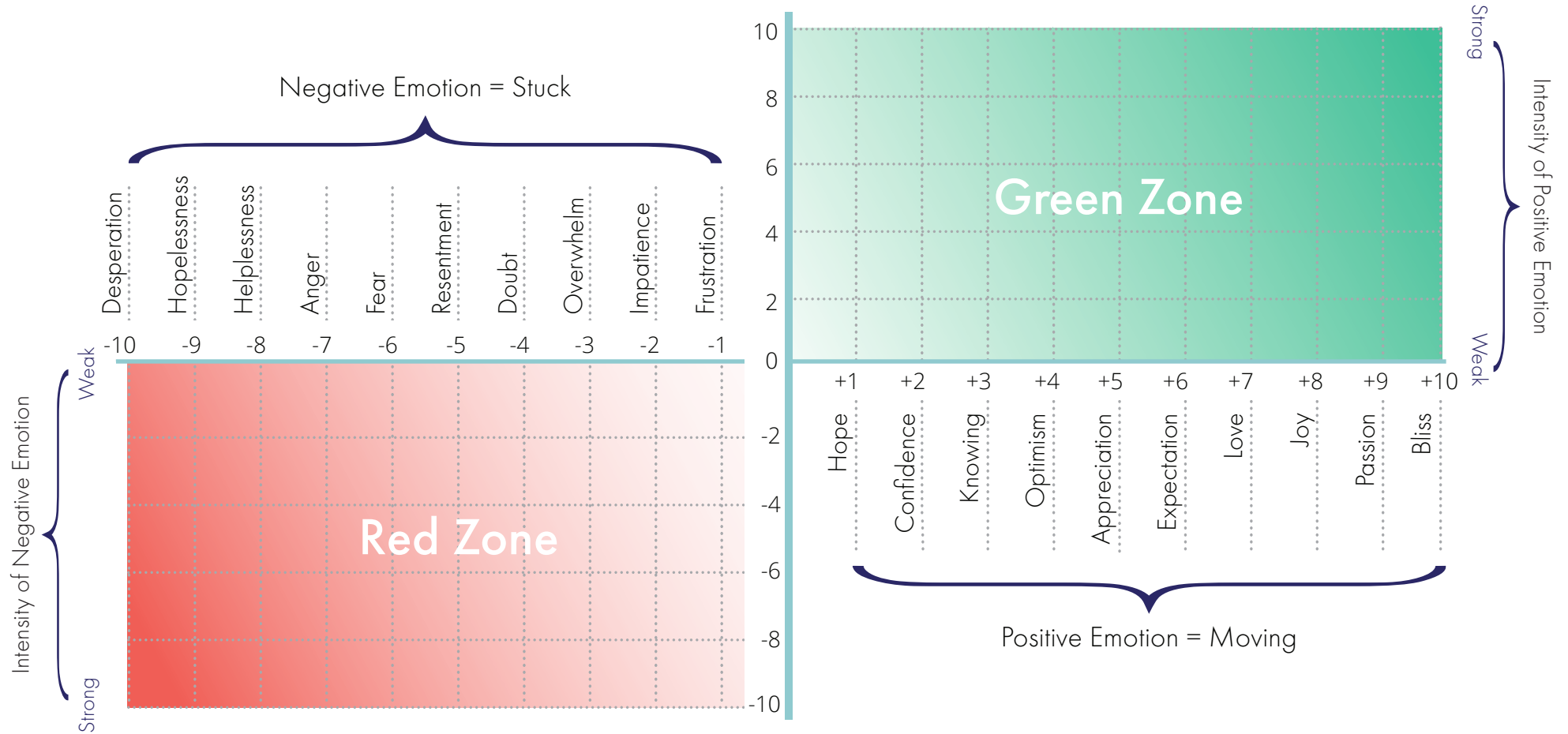


EMOTIONAL SCALE



What is the feeling? _____

Is it helping or hurting me? _____

How strong or intense is it? _____

What Neuro Tool will create the shift I'm looking for? _____