5	Feeling like I'm going to explode- I need help to calm down	5	Feeling like I'm going to explode- I need help to calm down
4	Feeling angry- I need to calm down	4	Feeling angry- I need to calm down
3	Feeling anxious- something is bothering me	3	Feeling anxious- something is bothering me
2	Feeling fine- everything is OK	2	Feeling fine- everything is OK
1	Feeling happy-things are going well	1	Feeling happy-things are going well

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