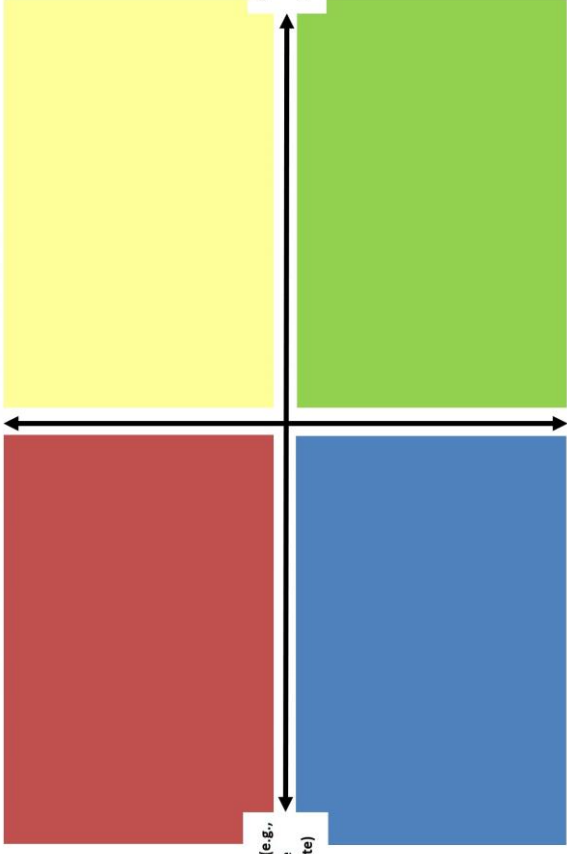
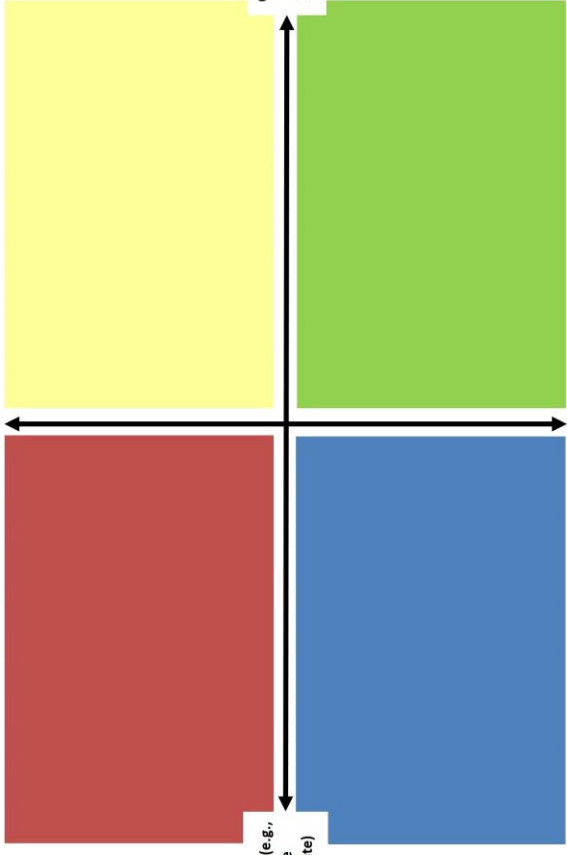


High intensity (e.g., increased heart rate, fidgety, sweating, tension, butterflies)



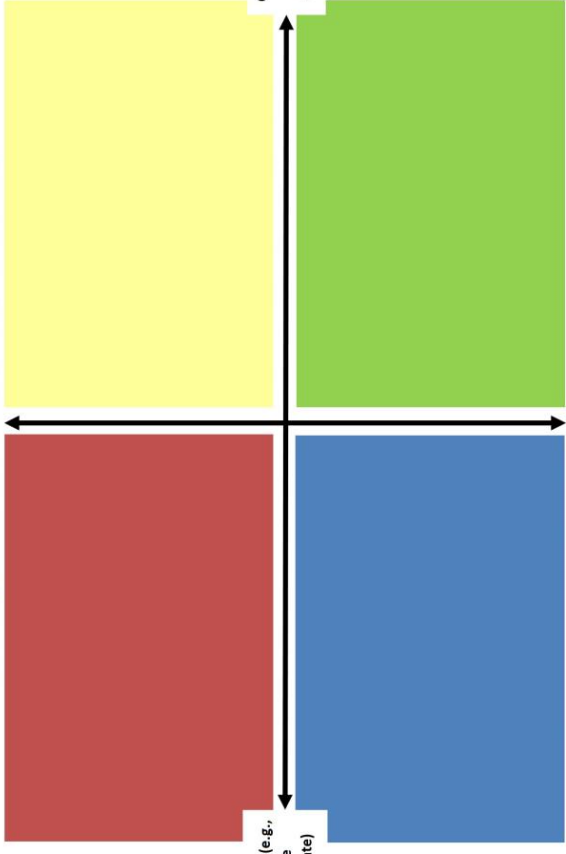
Low intensity (e.g., feeling fatigued, tired, numb, steady heart rate, muscles feeling relaxed)

High intensity (e.g., increased heart rate, fidgety, sweating, tension, butterflies)



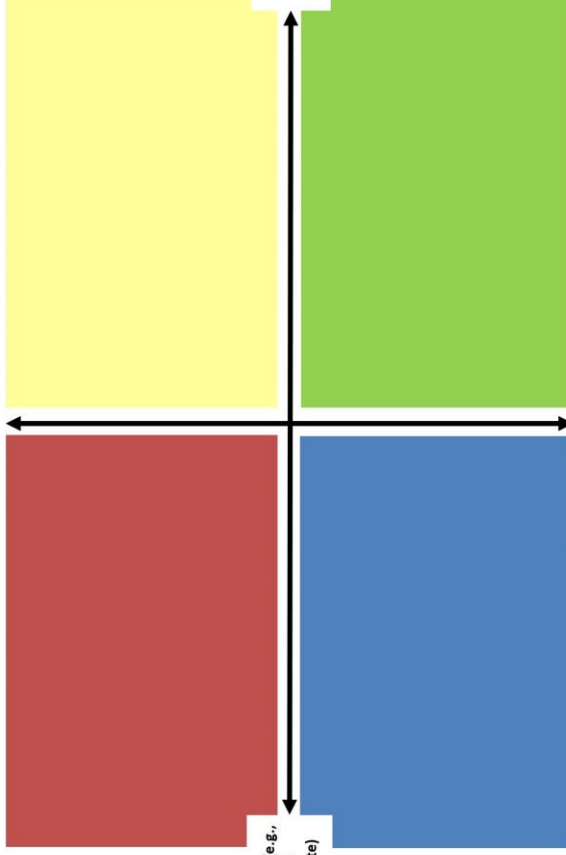
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