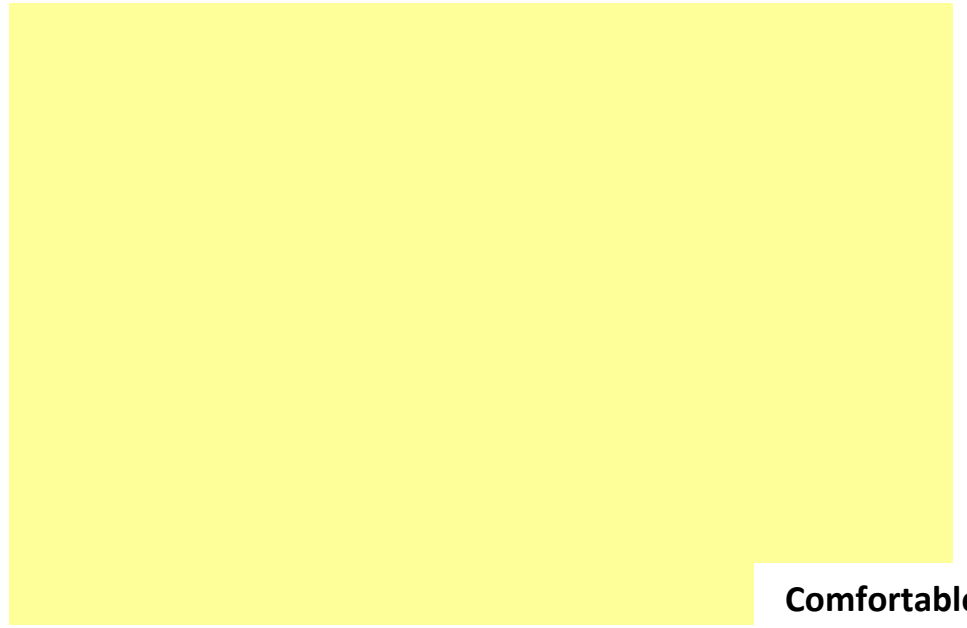
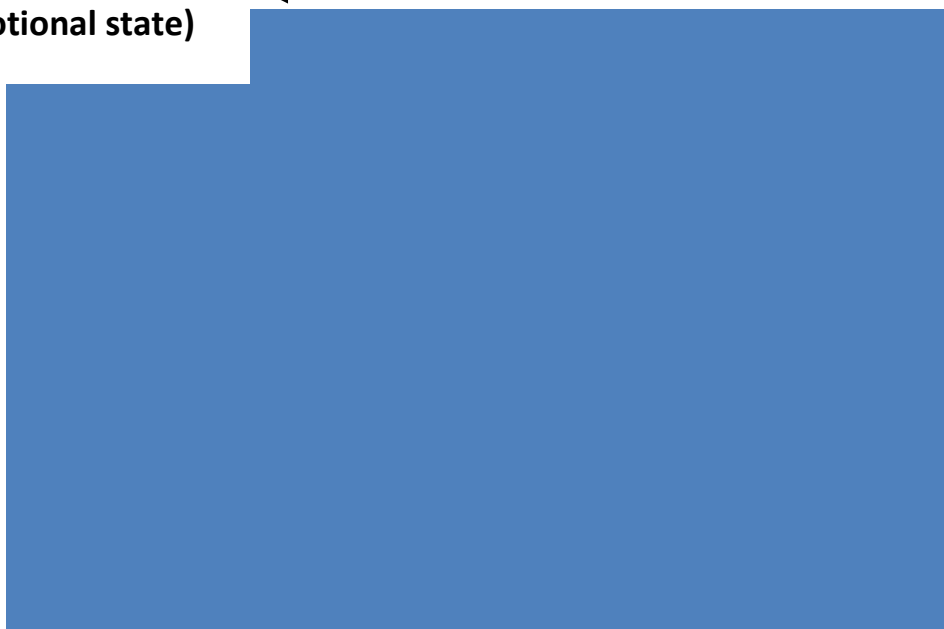


High intensity (e.g., increased heart rate, fidgety, sweating, tension, butterflies)



Uncomfortable (e.g.,
undesirable
emotional state)

Comfortable (e.g.
pleasant
emotional state)



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