

What does it look like/sound like?

What can I do? What can others do?

 <p>Out of Control</p> <p>5</p> <p>Feels like you're a creeper and you're going to explode.</p>		
 <p>Starting to Lose It</p> <p>4</p> <p>Getting Angry Like a Zombie</p>		
 <p>Anxious/ Worried/Excited</p> <p>3</p> <p>Feels like an Enderman. You want to get away/jump out of your skin.</p>		
 <p>I think I can handle it.</p> <p>2</p> <p>Feels like Steve who has to work hard to survive.</p>		
 <p>Just Right</p> <p>1</p>		