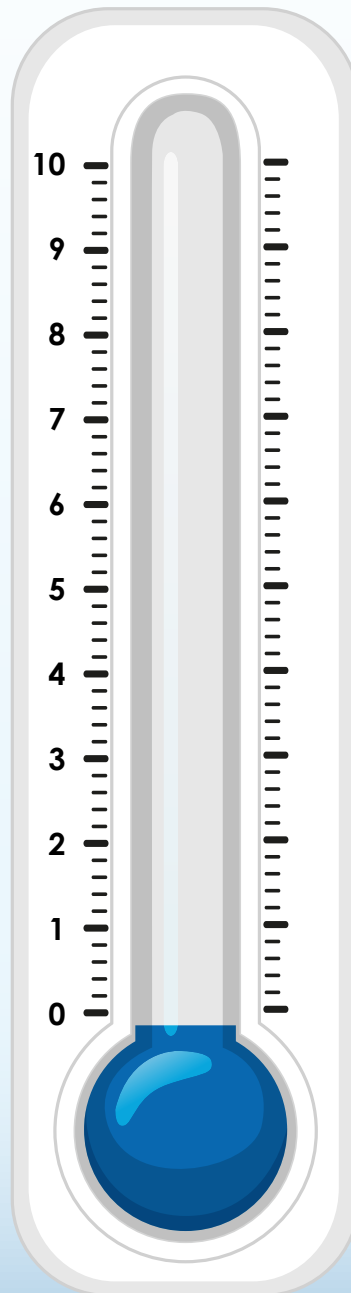


# DISTRESS THERMOMETER

Choose a number from 0 to 10 that expresses how much distress you've felt in the past week, then color in the thermometer up to that number.

**Extreme distress**



**No distress**