

				
<p style="text-align: center;">1</p> <p style="text-align: center;">I am happy and everything is going well.</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">I am just about ok</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">I am beginning to feel unhappy</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">I am really fed-up now and starting to lose control</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">I am really angry now and I have lost it!!</p>