

Emotional temperature



Explosive:

How does it feel?
What do I do?
How do I look?
What do other people do?

Agitated:

How does it feel?
What do I do?
How do I look?
What do other people do?

Excited:

How does it feel?
What do I do?
How do I look?
What do other people do?

Calm:

How does it feel?
What do I do?
How do I look?
What do other people do?