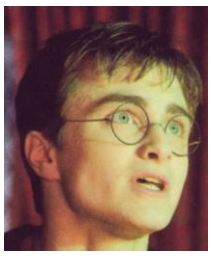
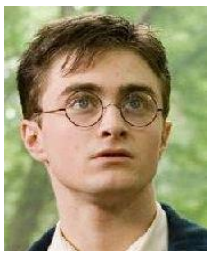
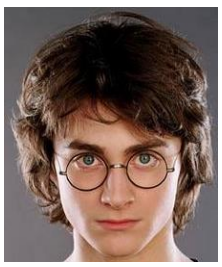
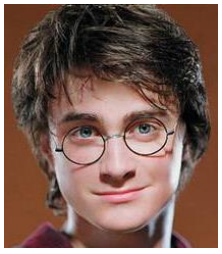
Level	Person, Place or Thing	Makes me feel like this
5		This could make me lose control!!
4		This can really upset me. 
3		This can make me feel nervous. 
2		This sometimes bothers me. 
1		This never bothers me.