NPCC Lesson 7 HW

1. Right now if I asked you on a sale of 1 -5 where you emotional state what would you respond?

1 being happy and content and 5 being emotionally spent and depressed.

1. You mentioned that you’ve been feeling really isolated lately. On a scare of 1 -10 how alone are you feeling right now. 1 being totally alone and 10 very happy and loved.
2. You said you were feeling really uptight about your finances and a little anxious about that. On a scare of 1-5 1 being pretty stressed out and 5 in a good right now where would you said your at.