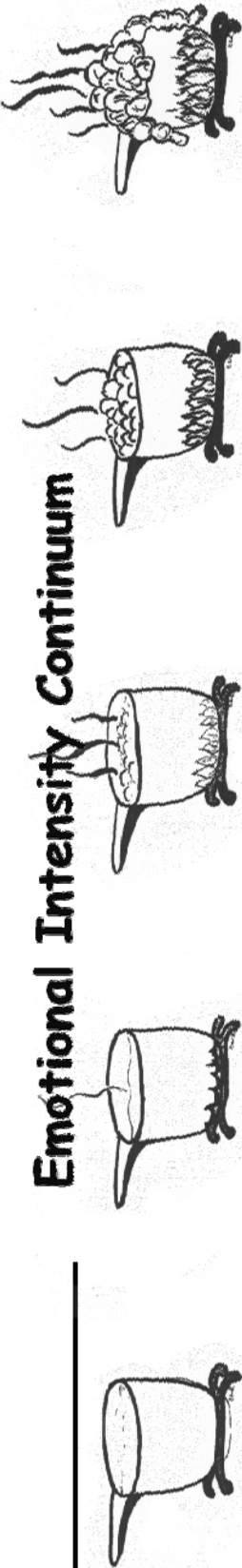


Emotional Intensity Continuum



Event

	1	2	3	4	5
Feelings					
Physical Sensations					
Thoughts					
Filters					
Action Urges					
Behaviours					