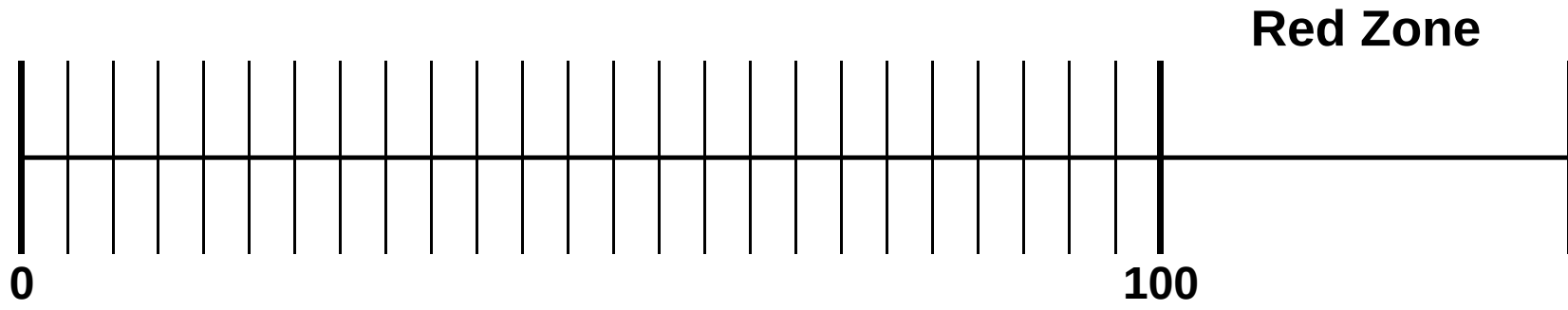


# The Rewind



Identify a High Intensity point, and a low intensity point, and circle the number value on the scale.

Use a point of reference such as getting a message on your phone when you were having that conversation. Use anything for a reference point to remind you that you were at a certain intensity level at that certain moment.

High Point: \_\_\_\_\_

Low Point: \_\_\_\_\_