Mood scale

Rate your current overall mood on the mood scale below.

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Nega mood					Neutra	al				ositive mood

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Nega	itive				Neutra	al			Pc	sitive
moo	b									mood

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-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 Negative Neutral Positive mood