

ANXIETY CHART



**ANXIETY
LEVEL 9**

Silently rocking back and forth.
Imagine not being able to take anything else
and just going to bed and shutting down.



**ANXIETY
LEVEL 8**

Could anything else go f-ing wrong!
Imagine adding to that your identity has been
stolen and your bank emptied of all its funds.



**ANXIETY
LEVEL 7**

I can't take anymore...
Imagine having all that happen, then coming
home to it being flooded and the pet died.



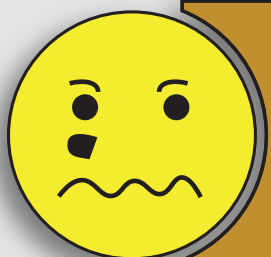
**ANXIETY
LEVEL 6**

This is too much to handle!
Imagine losing your job, failing the big test
and totalling your car all in the same day.



**ANXIETY
LEVEL 5**

What the hell am I going to do?
Imagine totalling your car, messing up your big
presentation at work or failing your exams.



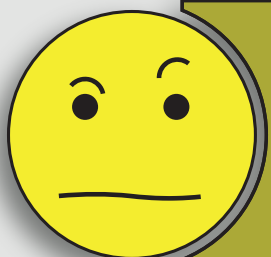
**ANXIETY
LEVEL 4**

What am I going to tell them?
Imagine being the cause of a scratch or
dent on someone else's new car.



**ANXIETY
LEVEL 3**

Where did that scratch come from!
Imagine finding a scratch or a small
dent on your new car



**ANXIETY
LEVEL 2**

Oh c'mon...where the heck are they?
This is not a good time!
Similar to misplaced keys when running late.



**ANXIETY
LEVEL 1**

Just a little hiccup. Nothing I can't handle
Akin to misplacing your sunglasses or the
remote control. Easily resolved.



**ANXIETY
LEVEL 0**

Life is good. Nothing to stress about.
I can handle anything life throws my way.
How the average person starts their day.



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