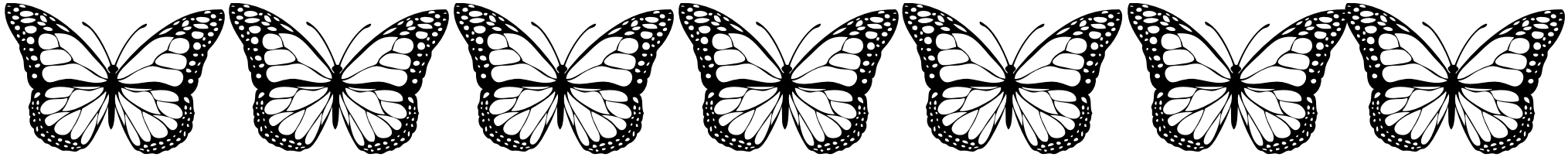
BUTTERFLY EMDR SUD & VOC SCALE

0 1 2 3 4 5 6 7 8 9 10

No Stress

Kind of Stressed

the Most Stressed



1 2 3 4 5 6 7

Not true at all

Very true