

CHOW & Temperature Take



Rare

- Joy
- Happiness
- Confidence
- Excited
- Curious
- Encouraged

Medium Rare

- Content
- Proud
- Relaxed
- Hopeful
- Calm
- Thankful
- Satisfied

Medium

- Glad
- Amused
- Patient
- Concerned
- Grumpy
- Present

Medium Well

- Irritated
- Frustrated
- Tired
- Lonely
- Disappointed
- Discouraged

Well

- Destructive
- Furious
- Scared
- Stressed
- Sick
- Unloved
- Shamed