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You are about to go for a run or walk in your favourite place, the sun is shining and you feel energised. You find it easy to concentrate on what you're doing.

(Choose 1 State and 3 Chemicals)

You have just opened your exam paper and immediately everything you have been revising goes out your head. You can't think. You can't move. You can't even pick up your pen to start.

(Choose 1 State and 1 Chemical)

You're sitting on the sofa with your best friend watching your favourite funny movie. You feel comfortable around your best friend and could trust them with anything.

(Choose 1 State and 3 Chemicals)

You're about to start a rugby match, last time you played you got injured and the other team look really big. It looks like it's about to rain. This could go badly.

(Choose 1 State and 3 Chemicals)

Someone comes up to you after school and says something offensive about someone in your family, you begin to feel really angry, like you're ready to punch them.

(Choose 1 State and 2 Chemicals)