

Critic Message	Level of distress 1-10 higher being worse	Healthy Adult response	Constructive action to be taken	Level of distress 1-10 higher being worse. How did you feel after 1 hour and 1 day
This writing is terrible, you'll have to stay up all night to fix it	10	It's probably not that bad, I always beat myself up about my writing style but I've never failed an assignment. I'm sure it can be improved but it's not terrible	Let me print it out and have a proper read of it and see where it can be improved, I can always ask someone else if to read it if needed.	1 hour-7 1 day-2 Felt better after my friend read it The next day

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