|  |  |  |  |
| --- | --- | --- | --- |
| **I always…** | **I never…** | **I sometimes…** | **I often…** |
| **I usually…** | **I rarely…** | **I often…** | **I normally…** |
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| --- | --- | --- | --- |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |