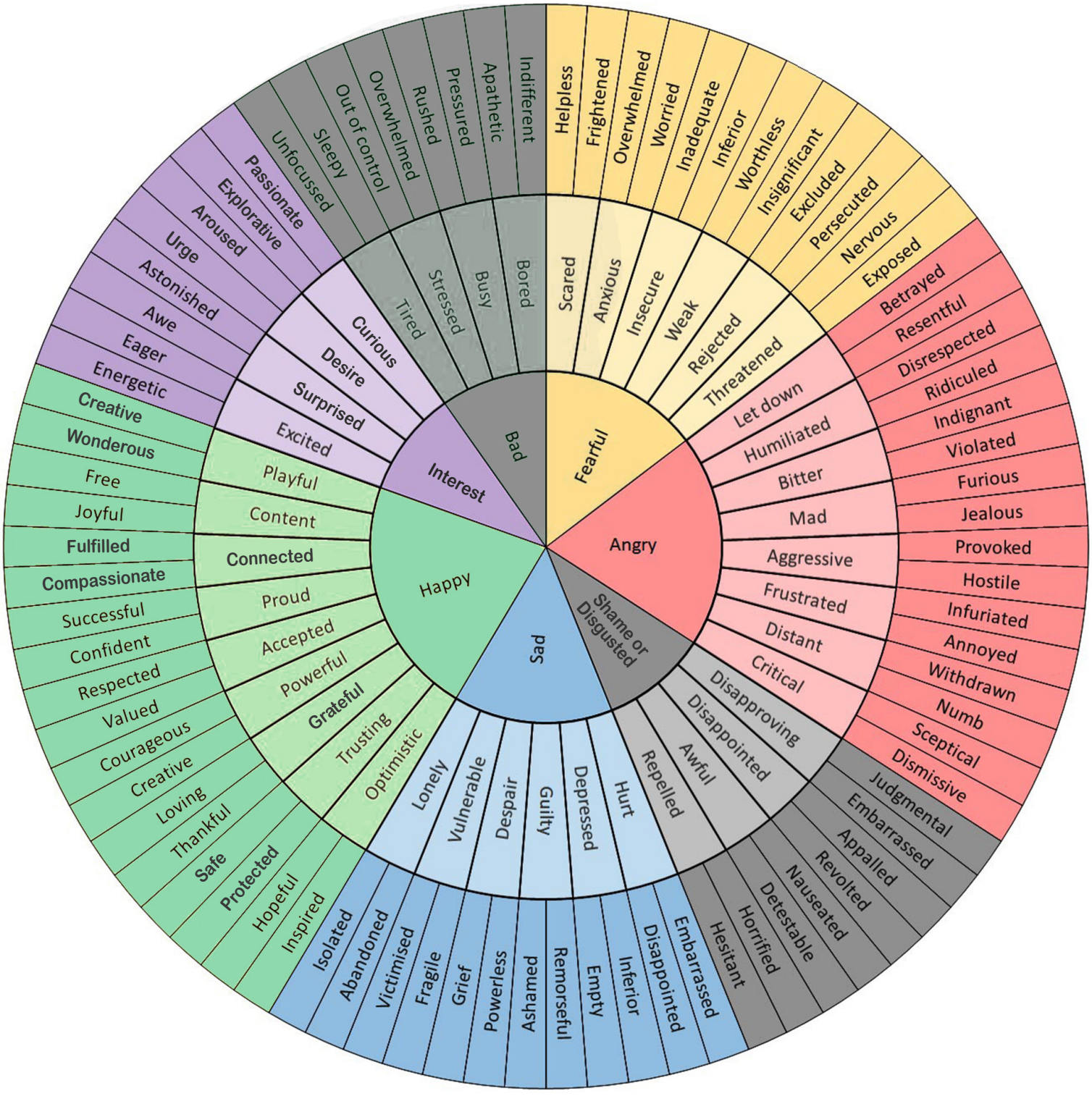
LABEL EMOTIONS

Recognize what you are feeling in the moment. Identify as specifically as you can.