As you can see this a graph of post-subs and pre-subs is to show the level of distress changed before and after using interventions and actions.

In this chart you see the number 0-10 night out with friends from weeks 1-16.
This chart shows how often I use different interventions and actions to cope with or regulate my emotions.

In this chart you see the number 0-6 frequency from week 1 to 16.
EFFECTIVENESS CHART

• This chart shows how effective different interventions or actions were in reducing my level of distress.

• In this chart you can see the numbers 0 to 4.5 effectiveness of managing stress from weeks 1 to 16.
REFERENCES

• https://www.youtube.com/watch?v=64DSXejsYbo
• https://www.youtube.com/watch?v=DAU0qqh_I-A
• https://www.youtube.com/watch?v=uXIDb5Qdslg