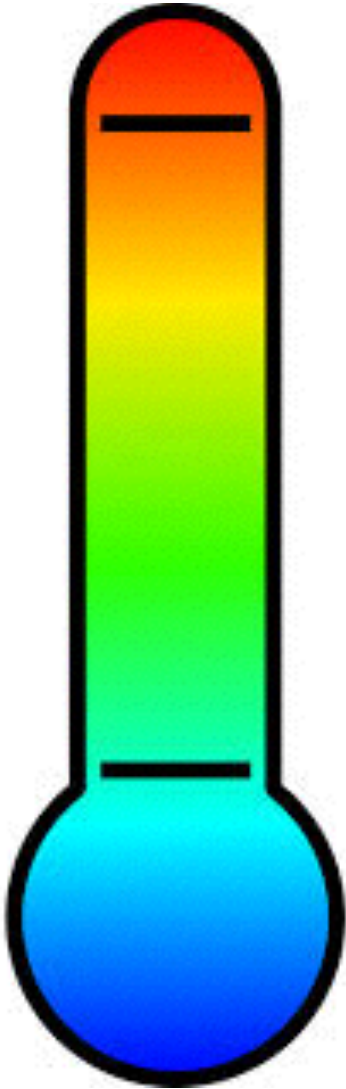


## Subjective Units of Distress Scale (SUDS)



**100** = Feels unbearably bad, beside yourself, out of control as in a nervous breakdown. You probably need to be admitted to a psychiatric emergency room.

**90** = Feeling desperate. What most people call a 100 is actually a 90. Extremely freaked out. It almost feels unbearable and you are getting scared of what you might do. Feeling very, very bad. Starting to lose control of your emotions.

**80** = Freaking out. Some definitely bad feelings.

**70** = Starting to freak out, on the edge. You can maintain control with difficulty.

**60** = Feeling bad. You begin to think something ought to be done about the way you feel.

**50** = Moderately upset, uncomfortable. Unpleasant feelings still manageable with some effort.

**40** = Somewhat upset and you cannot easily ignore the unpleasant thought. Can handle it OK but don't feel good.

**30** = Mildly upset. Bothered to the point that you notice it.

**20** = A little bit upset but not noticeable unless you took care to pay attention to your feelings and then realize, "yes" there is something bothering me.

**10** = No acute distress and feeling basically good. Perhaps deep down, if you looked hard, you might notice something a slightly unpleasant but not much.

**0** = Peace, serenity, total relief. No more anxiety of any kind about any particular issue.