S.U.D.S

Subjective Units of Distress Scale

10 — Peak distress or panic, feels unbearable

9 — Extremely high distress, feels overwhelming

8 — Intense distress, strong urge to avoid or neutralize

7 — Very strong anxiety, hard to focus on anything else

6 — Strong anxiety, urge to escape or seek reassurance begins

5 — Clearly anxious difficult to ignore but still in control

4 — Moderate anxiety starting to feel uncomfortable

3 — Noticeable anxiety manageable without effort

2 — Mild anxiety present but easy to ignore

1 — Very slight discomfort, barely noticeable

@whatiftherapy.com