





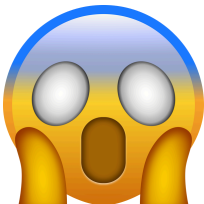


Subjective Units of Distress (SUDs) Scale

Level	Expression	Description
0		Completely calm, relaxed, and comfortable
1-2		Slightly calm, more anxiety or tension
3-4		Noticeable anxiety or unease, but still manageable
5		Moderate distress, feeling overwhelmed but still in control
6-7		Increasing distress, difficulty managing emotions
8-9		High distress, significant emotional overwhelm
10		Extreme distress/panic, feeling completely overwhelmed and out of control