

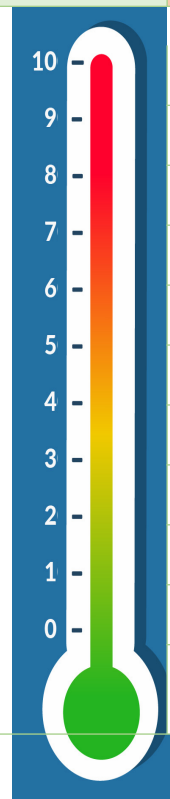
SUBJECTIVE UNITS OF DISTRESS (SUDS)

SUDS Thermometer

How do you feel each SUDS number?
Which situations put you in each number?

- 10 Highest anxiety/distress that you have ever felt.
- 9 Extremely anxious/distressed.
- 8 Very anxious/distressed; can't concentrate. Physiological signs present.
- 7 Quite anxious/distressed; interfering with functioning. Physiological signs may be present.
- 6 Moderate-to-strong anxiety or distress.
- 5 Moderate anxiety/distress; uncomfortable, but can continue to function.
- 4 Mild-to-moderate anxiety or distress.
- 3 Mild anxiety/distress; no interference with functioning.
- 2 Minimal anxiety/distress.
- 1 Alert and awake; concentrating well.
- 0 No distress; totally relaxed.

From Centre for Clinical Psychology / <https://ccp.net.au/suds-thermometer/>



10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	