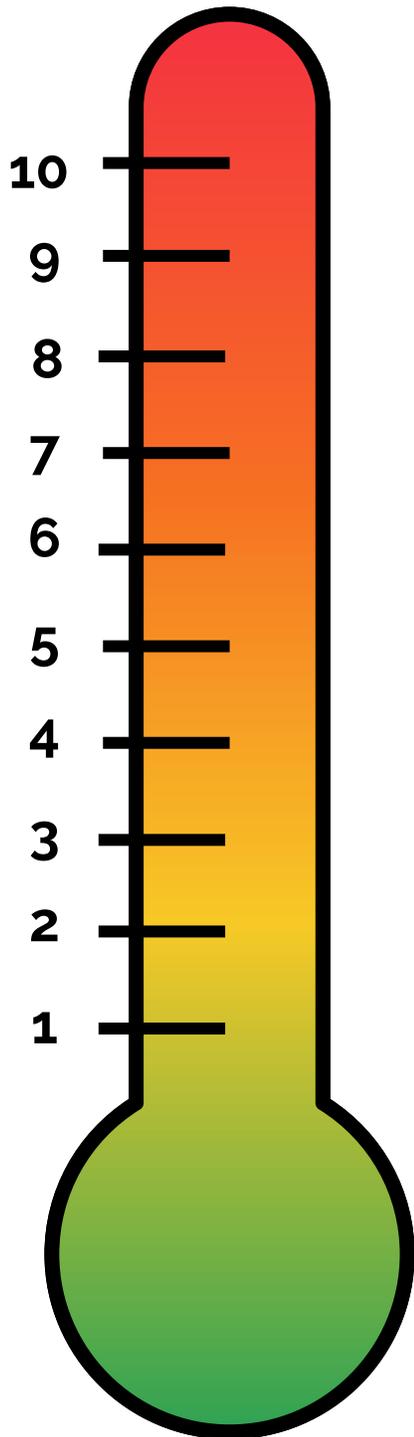


# How distressed am I?

## Subjective Units of Distress (SUD) Scale



**Unbearably upset. Can not function.**

**Extremely distressed.**

**Very distressed. Trouble focusing.**

**Quite distressed. Discomfort interfering with functioning.**

**Moderate distress. Uncomfortable but still functional.**

**Mild to moderate distress.**

**Mild distress but able to function.**

**Slightly distressed, sad or anxious.**

**No distress. Alert, concentrating.**

**Peace. No distress. Complete calm.**