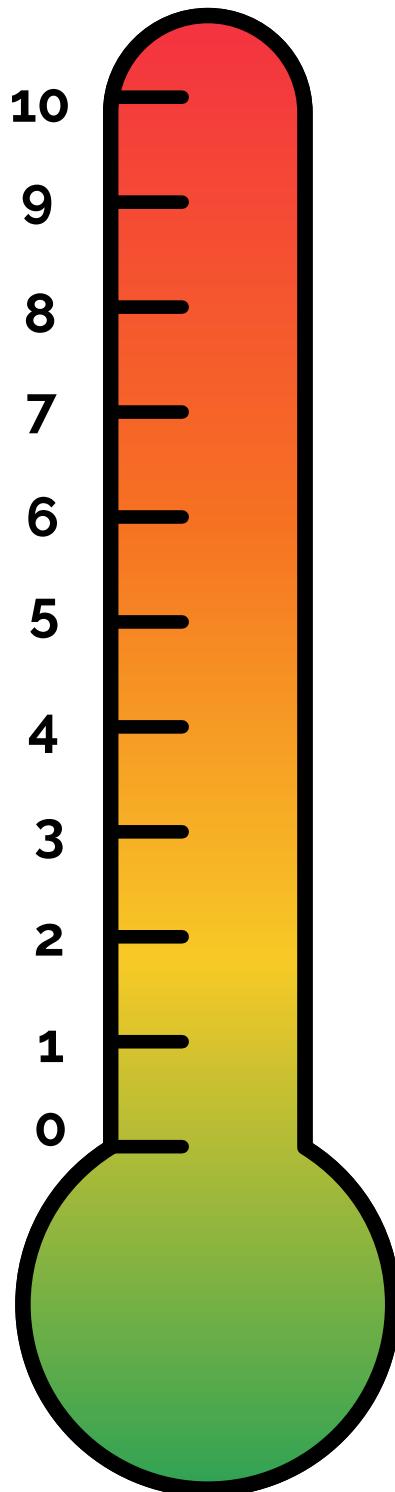


# How distressed am I?

Subjective Units of Distress (SUD) Scale



10  
Unbearably upset. Can not function.

9  
Extremely distressed.

8  
Very distressed. Trouble focusing.

7  
Quite distressed. Discomfort interfering with functioning.

6  
Moderate to strong distress.

5  
Moderate distress. Uncomfortable but still functional.

4  
Mild to moderate distress.

3  
Mild distress but able to function.

2  
Slightly distressed, sad or anxious.

1  
No distress. Alert, concentrating.

0  
Peace. No distress. Complete calm.