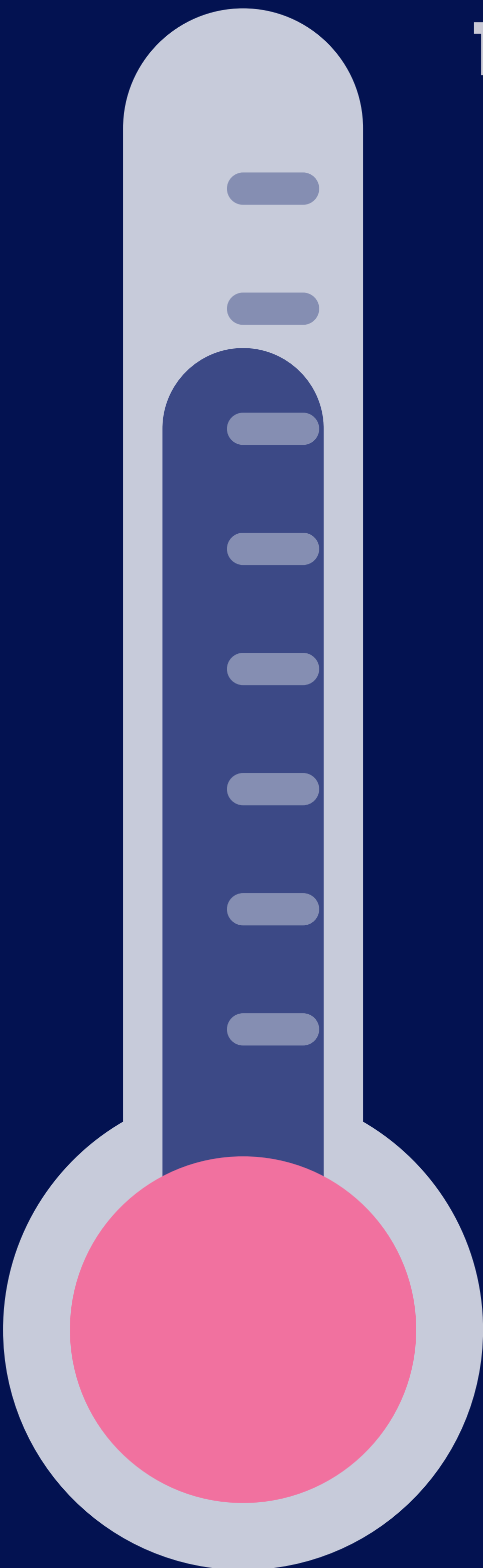


Subjective Units of Distress (SUDS)



10

Worst distress you have ever felt

9

Extreme distress; almost intolerable

8

Can't concentrate; physiological signs present

7

Quite distressed; interfering with functioning

6

Moderate to strong distress

5

Moderately distressed, but can continue to function

4

Mild to moderate distress

3

Mild distress, but able to focus

2

Slightly distressed

1

Minimal distress

0

Totally relaxed

7-10: Distress Tolerance Skills

4-6: Emotion Regulation Skills

1-3: Interpersonal Effectiveness Skills

1-10: Mindfulness Skills