

DISTRESS SCALE

Rating our discomfort on the SUD (subjective units of distress) scale can help us communicate more clearly and access good care.

1



1. I'm very ok
this is totally fine!

2



2. Still good. Noticing
some discomfort.

3



3. I guess this is ok but
I'm kinda uncomfortable

4



4. I'm definitely
uncomfortable.

5



5. Ok. I really want this
feeling to go away

6



6. I am not ok. My
discomfort is intense

7



7. I can't think about
anything else.

8



8. I'm panicking and I
really want to escape!

9+



9+. This is unbearable!
Worst I've ever felt!

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*Everyone expresses emotions differently.
Pick the square with the face that matches how you feel on the inside.

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