The distress thermometer –
Subjective Units of Distress Scale (SUDS)

Try to get used to rating your distress, fear, anxiety or discomfort on a scale of 0-10. Imagine you have a ‘distress thermometer’ to measure your feelings according to the following scale. Notice how your level of distress and fear changes over time and in different situations.

- 10 Highest distress/fear/anxiety/discomfort that you have ever felt
- 9 Extremely anxious/distressed
- 8 Very anxious/distressed, can’t concentrate
- 7 Quite anxious/distressed, interfering with performance
- 6
- 5 Moderate anxiety/distress, uncomfortable but can continue to perform
- 4
- 3 Mild anxiety/distress, no interference with performance
- 2 Minimal anxiety/distress
- 1 Alert and awake, concentrating well
- 0 Totally relaxed