

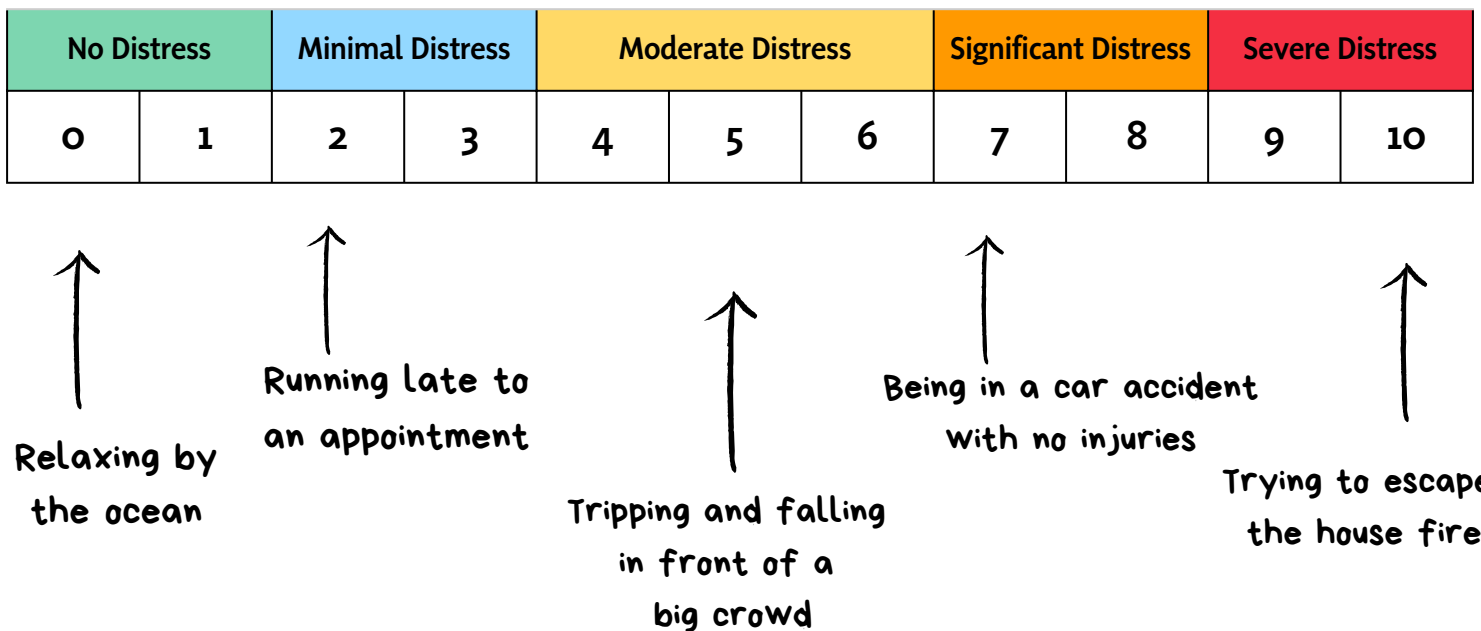
The Subjective Units of Distress Scale (SUDS)

(Horizontal example)

The Subjective Units of Distress Scale (SUDS) is a valuable tool for understanding the nuances that make different situations more or less distressing—an essential step in developing effective exposure hierarchies.

It can be helpful to first build a baseline understanding and practice using the scale with examples unrelated to OCD before applying it to OCD-specific situations.

A scale of 0—10 or 0—100 is commonly used, but can be substituted for other subjective ratings. Fill in every number or just a few anchor points, whichever feels helpful in orienting to the scale.



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No Distress		Minimal Distress		Moderate Distress			Significant Distress		Severe Distress	
0	1	2	3	4	5	6	7	8	9	10

The Subjective Units of Distress Scale (SUDS)

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SUDS		Situation
No Distress	0	Relaxing by the ocean
	1	
Minimal Distress	2	Running late to an appointment
	3	
Moderate Distress	4	
	5	Tripping and falling in front of people
	6	
Significant Distress	7	Being in a car accident without injuries
	8	
Severe Distress	9	
	10	Trying to escape the house fire

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SUDS Rating		Situation
No Distress		
Minimal Distress		
Moderate Distress		
Significant Distress		
Severe Distress		