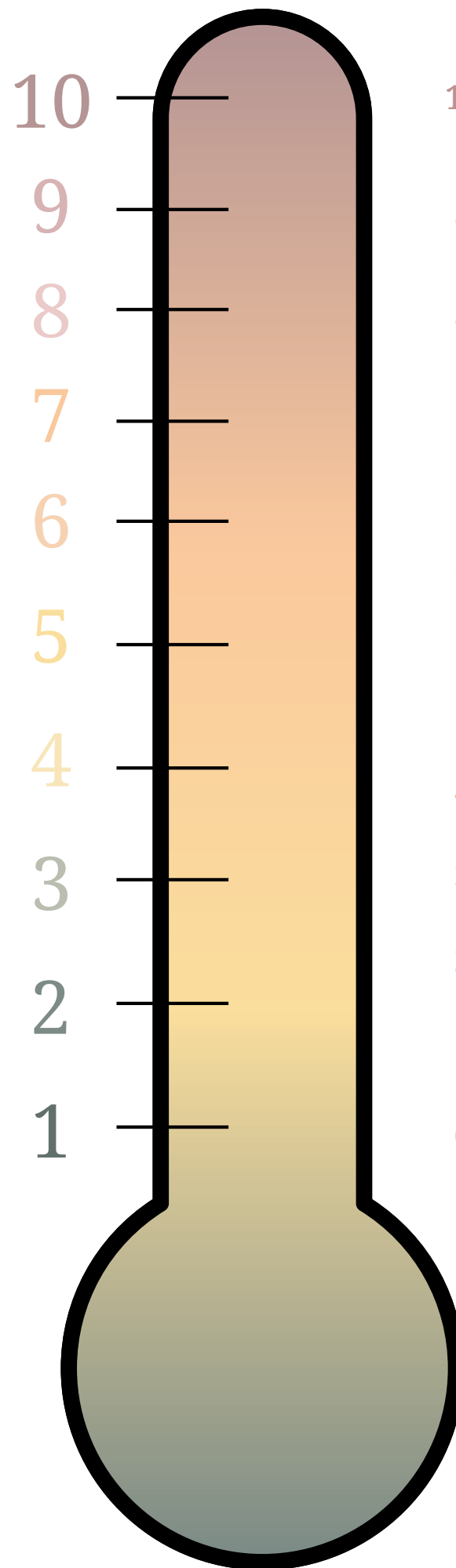


SUDS Practice

Subjective Units of Distress

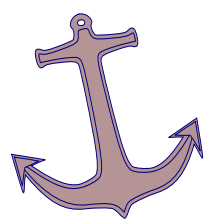
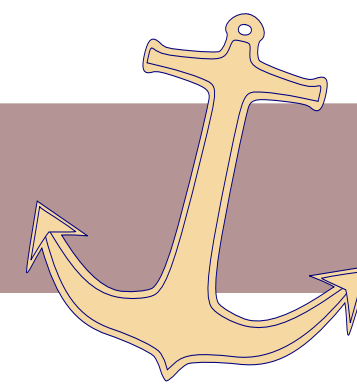
Rate from 0-10

- ___ Starting a conversation with someone new
- ___ Watching your favorite show
- ___ Asking a stranger for directions
- ___ Making a phone call
- ___ Going for a walk
- ___ Going to the dentist
- ___ Taking a test or quiz
- ___ Speaking or presenting in front of peers
- ___ Speaking or presenting in front of a group
- ___ Going out to dinner
- ___ Riding a roller coaster
- ___ Taking an elevator
- ___ Wearing something "different" or mismatched
- ___ Feeling your heart race or being out of breath
- ___ Using a public bathroom
- ___ Reading a book
- ___ Watching a scary movie

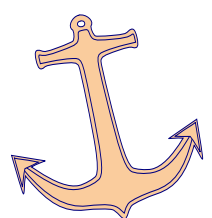


- 10 Highest anxiety/distress that you have ever felt.
- 9 Extremely anxious.
- 8 Very anxious; can't concentrate. Physical symptoms present.
- 7 Quite anxious; interfering with functioning. Physical symptoms may be present.
- 6 Moderate-to-strong anxiety
- 5 Moderate anxiety; uncomfortable, but can function
- 4 Mild-to-moderate anxiety
- 3 Mild anxiety; no interference with functioning
- 2 Minimal anxiety
- 1 Alert and awake; concentrating well
- 0 No distress; totally relaxed

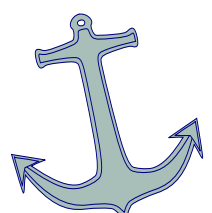
My SUDS Anchors



My 10: _____



My 5: _____



My 1: _____