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 0-100. 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.

- 100 Highest distress/fear/anxiety/discomfort that you have ever felt
- 90 Extremely anxious/distressed
- 80 Very anxious/distressed, can’t concentrate
- 70 Quite anxious/distressed, interfering with performance
- 60
- 50 Moderate anxiety/distress, uncomfortable but can continue to perform
- 40
- 30 Mild anxiety/distress, no interference with performance
- 20 Minimal anxiety/distress
- 10 Alert and awake, concentrating well
- 0 Totally relaxed