

# "SUDS" Distress Ratings

The Subjective Units of Distress Scale --- or SUDS --- is an easy way to track and let others know how much distress you are having at any given time. The scale ranges from zero to 100.

SUDS Rating	Level	Coping Skills
↑ 100	Extreme Distress	
90's	High to Extreme Distress	
80's	High Distress	
70's	Moderately High Distress	
60's	Moderate Distress	
50's	Mild to Moderate Distress	
40's	Mild Distress	
30's	"Normal"	
20's	Peaceful/Calm	
10's	Very Relaxed	
↓ Zero	Complete Relaxation	