

# "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	Description
↑ 100	Extreme Distress	Exploding or Completely Overwhelmed! The most you can imagine. Not able to think, only react.
90's	High to Extreme Distress	Ready to explode! You can't think very clearly. At risk to make very bad choices.
80's	High Distress	High levels of fear, anxiety, sadness, anger, agitation, and/or body tension. These feelings cannot be tolerated for long. Bodily distress is substantial. It is difficult to focus on anything.
70's	Moderately High Distress	Feel agitated and tense. Beginning to feel overwhelmed. It's hard to focus.
60's	Moderate Distress	Most people would describe as a "bad day" but still able to do what you need to do.
50's	Mild to Moderate Distress	Unpleasant, nagging negative mood state (i.e. frustrated, feeling down, or worried) but is not enough to produce many bodily symptoms.
40's	Mild Distress	Mild feelings of tension, mild worry, mild sadness, or annoyance or irritation. Unpleasant but easily tolerated.
30's	"Normal"	Alert (but not distressed). Amount of tension and stress needed to keep your attention from wandering.
20's	Peaceful/Calm	Warm, mellow, contented feeling. Like when relaxing at the beach, or at home in front of a warm fire on a cold, wintery day, or walking peacefully in the woods
10's	Very Relaxed	Awake but very, very relaxed; almost dosing off. Mind wanders and drifts. Drowsy.
↓ Zero	Complete Relaxation	No distress at all. Slow, deep breathing. Asleep.