The SUDS Scale

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0	25	50	75	100
No anxiety Complete calm “relaxing on vacation”	A little “edge” Not bothersome “Ready to go” Anxiety is noticeable	Anxiety bothers you Starts to interfere You would like to reduce the anxiety	Anxiety really bothers you You think about leaving Very interfering	The most anxiety you’ve ever felt or could imagine feeling

You can use any number between 0 and 100.

The anchors above are descriptions to give you a sense of the scale.