

## The Subjective Units of Distress (SUD) Scale

<p>The subjective units of distress – or SUD – scale is a convenient way of communicating to other people how much distress you are experiencing at any given time. There are eleven points on the scale, ranging from zero (absolutely complete relaxation) up to ten (extreme distress).</p>	
Numeric Rating	Description
Zero	Complete relaxation. Deep sleep, no distress at all.
One	Awake but very relaxed; dozing off. Your mind wanders and drifts, similar to what you might feel just prior to falling asleep.
Two	Relaxing at the beach, relaxing at home in front of a warm fire on a wintry day, or walking peacefully in the woods.
Three	The amount of tension and stress needed to keep your attention from wandering, to keep your head erect, and so on. This tension and stress is not experienced as unpleasant; it is "normal."
Four	Mild distress such as mild feelings of bodily tension, mild worry, mild apprehension, mild fear, or mild anxiety. Somewhat unpleasant but easily tolerated.
Five	Mild to moderate distress. Distinctly unpleasant but insufficient to produce many bodily symptoms.
Six	Moderate distress. Very unpleasant feelings of fear, anxiety, anger, worry, apprehension, and/or substantial bodily tension such as a headache or upset stomach. Distinctly unpleasant but tolerable sensations; you're still able to think clearly. What most people would describe as a "bad day," but your ability to work, drive, converse, and so on is not impeded.
Seven	Moderately high distress that makes concentration hard. Fairly intense bodily distress.
Eight	High distress. High levels of fear, anxiety, worry, apprehension, and/or bodily tension. These feelings cannot be tolerated very long. Thinking and problem-solving is impaired. Bodily distress is substantial. Ability to work, drive, converse, and so on is difficult.
Nine	High to extreme distress. Thinking is substantially impaired.
Ten:	Extreme distress, panic- and/or terror-stricken, extreme bodily tension. The maximum amount of fear, anxiety, and/or apprehension you can possibly imagine.

# Subjective Units Distress Scale Manual

**AN Whitehead**



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## **Table of Contents Subjective Units Distress Scale Manual**

1. Understanding the eBook Subjective Units Distress Scale Manual
  - The Rise of Digital Reading Subjective Units Distress Scale Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Subjective Units Distress Scale Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Subjective Units Distress Scale Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Subjective Units Distress Scale Manual
  - Personalized Recommendations
  - Subjective Units Distress Scale Manual User Reviews and Ratings
  - Subjective Units Distress Scale Manual and Bestseller Lists
5. Accessing Subjective Units Distress Scale Manual Free and Paid eBooks
  - Subjective Units Distress Scale Manual Public Domain eBooks
  - Subjective Units Distress Scale Manual eBook Subscription Services
  - Subjective Units Distress Scale Manual Budget-Friendly Options

6. Navigating Subjective Units Distress Scale Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Subjective Units Distress Scale Manual Compatibility with Devices
  - Subjective Units Distress Scale Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Subjective Units Distress Scale Manual
  - Highlighting and Note-Taking Subjective Units Distress Scale Manual
  - Interactive Elements Subjective Units Distress Scale Manual
8. Staying Engaged with Subjective Units Distress Scale Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Subjective Units Distress Scale Manual
9. Balancing eBooks and Physical Books Subjective Units Distress Scale Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Subjective Units Distress Scale Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Subjective Units Distress Scale Manual
  - Setting Reading Goals Subjective Units Distress Scale Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Subjective Units Distress Scale Manual
  - Fact-Checking eBook Content of Subjective Units Distress Scale Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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