

Measuring Level of Distress SUDS Form

(Subjective Units of Disturbance Scale)

Date: _____ Email: _____

Session Being Run Today, i.e., birth, Not-Not's, etc.: _____

Would you like to get the RET Newsletter and information from The Rapid Eye Institute?
Circle: YES NO

Rate on a scale of 0-10 based on how you felt **BEFORE** the session:

Suds Scale # _____

- 10 Extreme emotional trauma or upset.
- 9 Emotional trauma or upset.
- 8 Upset—Gradually releasing the trauma.
- 7 Feeling bad to the point something ought to be done about the way you feel.
- 6 Moderately upset, but things are changing.
- 5 Uncomfortable, unpleasant feelings.
- 4 Somewhat upset.
- 3 Mildly upset.
- 2 A little bit upset, but not noticeable.
- 1 No acute distress and feeling basically good.
- 0 Peace, serenity, total relief, feeling ready to explore it deeper.

Rate on a scale of 0-10 based on how you felt **AFTER** the session.

Suds Scale # _____

Technician Name: _____
May we use this information for statistics, and advertisements?
Circle: YES NO