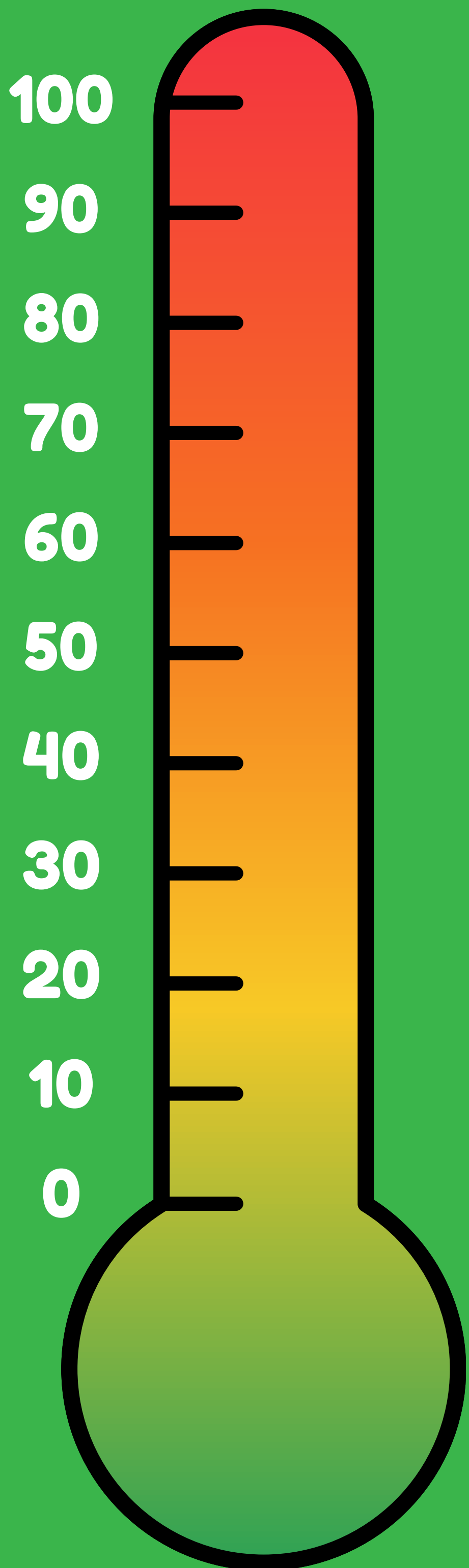


How Distressed Am I?

Subjective Units of Distress Scale: A Self-Assessment Tool



Unbearably upset. Can not function.

Extremely distressed.

Very distressed. Trouble focusing.

Quite distressed. Discomfort interfering with functioning.

Moderate to strong distress.

Moderate distress. Uncomfortable but still functional.

Mild to moderate distress.

Mild distress but able to function.

Slightly distressed, sad or anxious.

No distress. Alert, concentrating.

Peace. No distress. Complete calm.



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