

Emotional SUDS Scale

Name: _____

Session Number: _____ Time: Before _____ After _____

Session Date: ____/____/____



Happy	Sad	Angry	Anxious	Guilty
8 Extremely	8 Extremely	8 Extremely	8 Extremely	8 Extremely
↑	↑	↑	↑	↑
7	7	7	7	7
↑	↑	↑	↑	↑
6 Very	6 Very	6 Very	6 Very	6 Very
↑	↑	↑	↑	↑
5	5	5	5	5
↑	↑	↑	↑	↑
4 Somewhat	4 Somewhat	4 Somewhat	4 Somewhat	4 Somewhat
↑	↑	↑	↑	↑
3	3	3	3	3
↑	↑	↑	↑	↑
2 A little	2 A little	2 A little	2 A little	2 A little
↑	↑	↑	↑	↑
1	1	1	1	1
↑	↑	↑	↑	↑
0 Not at all	0 Not at all	0 Not at all	0 Not at all	0 Not at all

