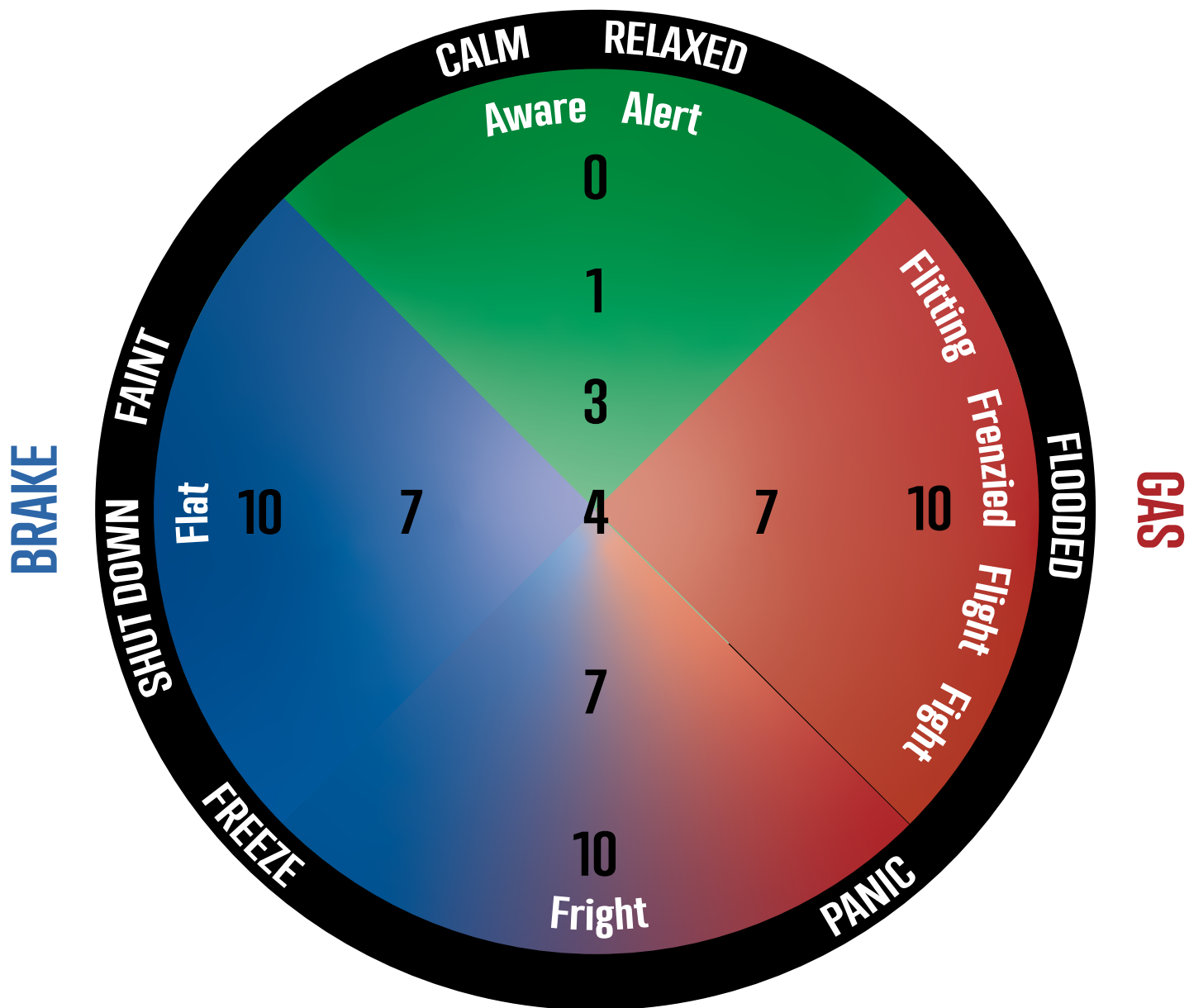


THE NEURORELATIONAL FRAMEWORK'S
Subjective Units of Distress (SUDS) Pie

"JUST RIGHT"



BRAKE & GAS

THE NEURORELATIONAL FRAMEWORK'S Subjective Units of Distress (SUDS) Pie

The Subjective Units of Distress Scale is widely used in mental health to help people describe the level of distress they feel.

We are using this scale to describe the intensity of the green zone and stress responses. In the SUDS Pie, 0 to 3.9 represent safety in the green zone, 4.0 to 6.9 represent degrees of challenge, and 7.0 to 10+ represent degrees of threat. In each of the three stress response zones in the Colour Zone Pie, we described a continuum from mild, to moderate, to severe, to extreme. These physiological descriptors can be approximately matched with the following number system. Mild stress responses are represented by the numbers 4-5; moderate at 6-7; severe at 8-9 severe; and extreme at 10 to 10+.