

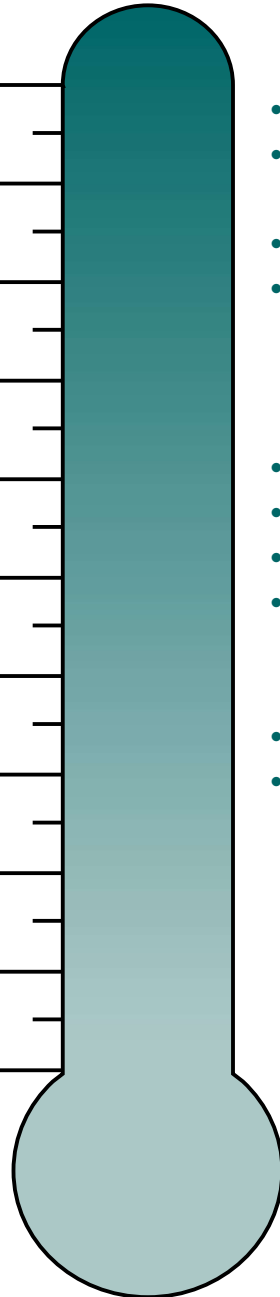
# Joy's Subjective Units of Distress (SUDs)

let's THERAPIZE that shit !!!

## Skills I can use:

- box breathing
  - intense exercise
  - yell in car
  - ice on face
  - distract
  - self-soothe
- 
- exercise
  - talk to friend
  - opposite action

100%  
90%  
80%  
70%  
60%  
50%  
40%  
30%  
20%  
10%  
0%



## My experience/expression\* when I feel:

### Anxious

- panic
- hyper-ventilating
- buzzy
- shaky

### Angry

- rage
- want to throw/hit
- hot
- energized

### Sad

- numb
- withdrawn
- hopeless

### Shame

- desperate
- reassurance doesn't help
- want to hide
- hot
- bad

- short
- brusque
- terse
- agitated

- tense
- clench jaw
- tight shoulders

- crying
- desperate
- fragile

- seeking reassurance
- over-explaining/apologizing

- unaware
- nothing

\* Subjective Units of Distress (SUDs) are unique to each person and each emotion. This graphic shows some examples of *my* experience (what it feels like inside me) and *my* expression (what others can see) for the distressing emotions I feel most often.