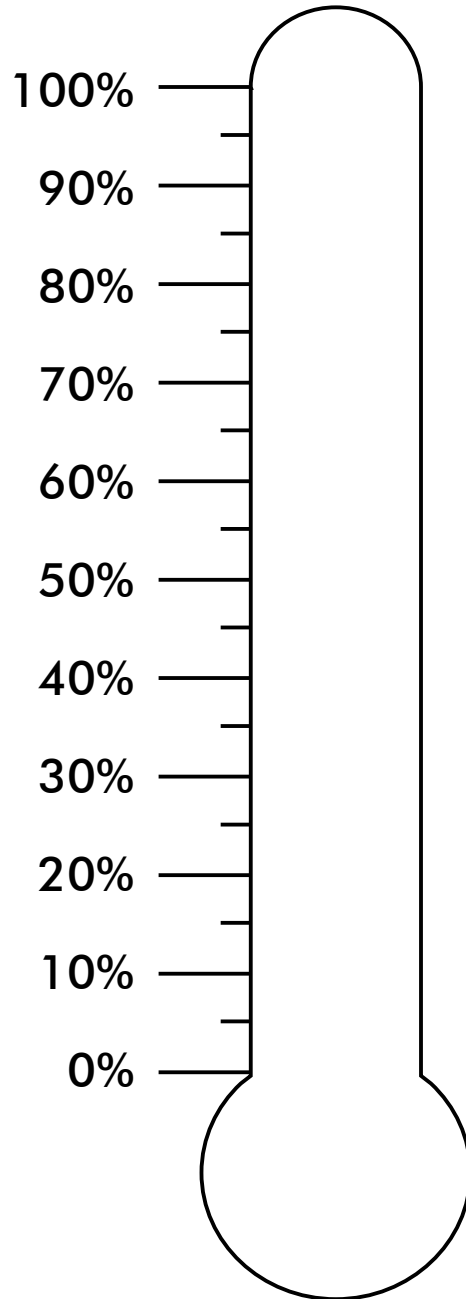


# Personal Subjective Units of Distress (SUDs)

let's *THERAPIZE* that shit !!!

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

Skills I can use:



\_\_\_\_\_

\_\_\_\_\_

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