

SUDS Tracking Worksheet

(Subjective Units of Disturbance Scale)

Instructions for Clients:

Before and after EMDR processing, use this sheet to record your SUDS (0 = no disturbance, 10 = worst disturbance imaginable). This helps track progress across sessions.

Subjective Units of Disturbance (SUDS) Scale

- 0 = No disturbance, completely neutral
- 1-3 = Minimal disturbance, mild discomfort
- 4-6 = Moderate disturbance, manageable but noticeable
- 7-9 = Strong disturbance, difficult to tolerate
- 10 = Maximum disturbance, unbearable

Tracking Table

Date	Target / Memory / Trigger	Negative Belief	SUDS Before (0-10)	SUDS After (0-10)	Notes / Emotions / Body Sensations

Reflection Box

- What did you notice shift during this session?
- Any body sensations or images that stood out?
- What positive beliefs or strengths felt stronger?