SUD and VoC scales

Adults

SUD Subjective Units of Disturbance

"From 0, no disturbance or neutral, to 10, the worst disturbance you can imagine, how disturbing does it feel now?"

0 1 2 3 4 5 6 7 8 9 10

0 No disturbance or neutral

10 Worst disturbance you can imagine

VoC Validity of Cognition

Positive cognition _____

"When you think of the memory, how true do those words feel now, from 1, completely false, to 7, completely true?"

1 2 3 4 5 6 7

1 Completely false

7 Completely true

SUD and VoC scales

Teens, about 12 to 17

How bad does it feel?

"From 0 to 10, how bad does it feel right now?"

0	1	2	3	4	5	6	7	8	9	10

0 Not bad at all

10 The worst it could be

How true does it feel?

Positive cognition _____

"How true does it feel now, from 1 to 7?"

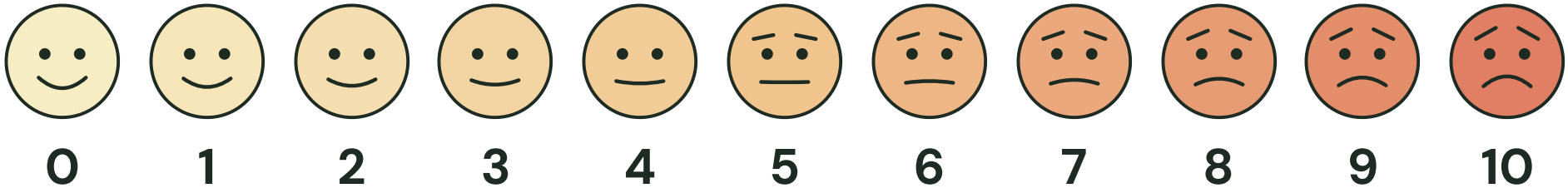
1	2	3	4	5	6	7

1 Not true at all

7 Completely true

How upsetting is it right now?

Show me on the faces.



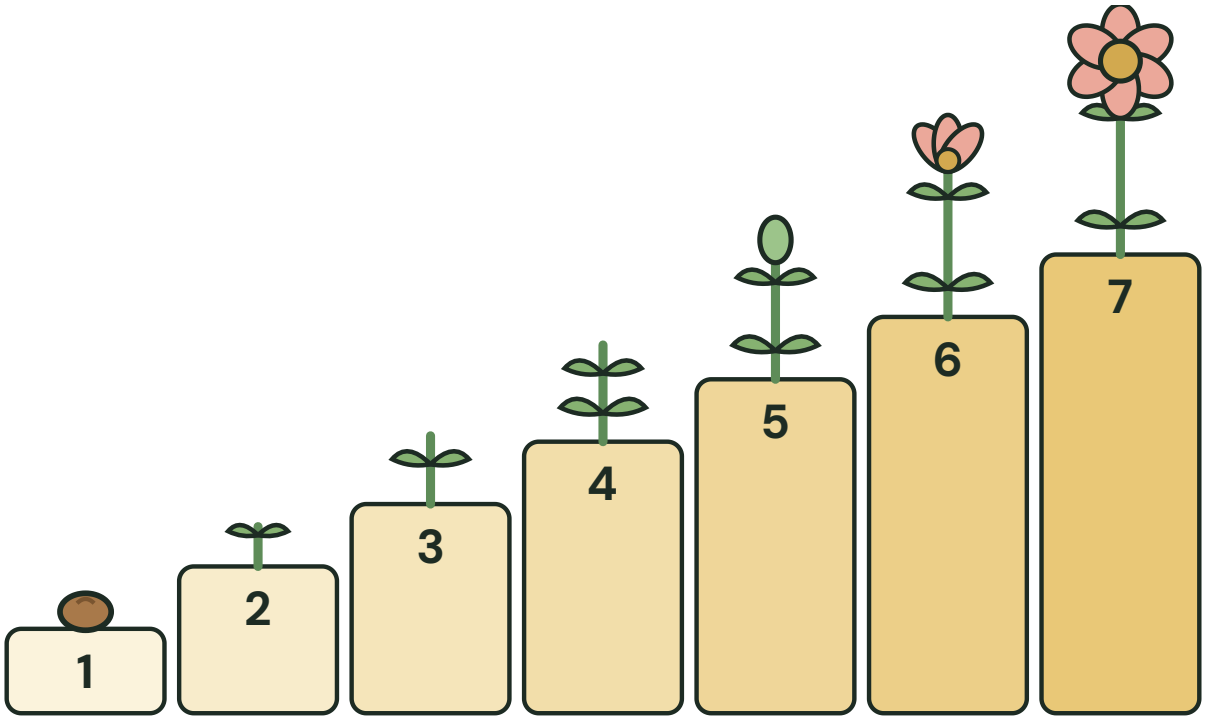
Not at all **The most ever**

For the therapist: ask “How upsetting is it right now? Show me on the faces. 0 is not at all, 10 is the most ever.” Write down the number the child points to.

How true does it feel now?

Write the good thought here

Show me on the steps.



1 Not true at all **7 Totally true**

For the therapist: ask “How true does [the positive cognition] feel now? Show me on the steps.” The seed grows into a flower as the belief feels truer. Write down the number the child points to.