

SUDS OCD Worksheet

What is the theory behind this SUDS OCD worksheet?

Obsessive-Compulsive Disorder (OCD) is a severe disorder characterised by obsessive thoughts that lead to compulsions. It is a common and chronic disorder in which a person has uncontrollable, recurring thoughts and behaviours that he or she feels compelled to repeat. In cognitive-behavioural therapies (CBT) for obsessive-compulsive disorder, the assessment of symptom-based distress is commonly used. The SUDS is known as a Subjective Units of Distress Scale. It starts ranging from 0 to 10.

How will the worksheet help?

It will make clients aware of how severe their OCD symptoms are. Then they can choose an intervention based on the severity of their symptoms. This worksheet will also assist them in identifying their emotions, which may interfere with their thinking or lead to behaviours that disrupt their interpersonal life.

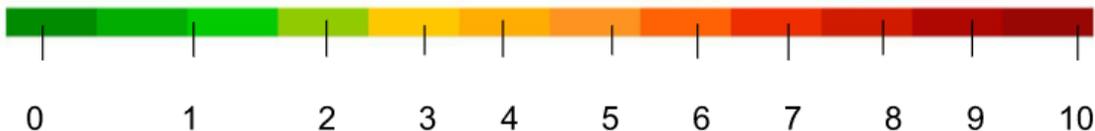
How to use the worksheet?

This worksheet can be provided to the client during the session. This will allow a person to rate their Obsessive-compulsive thoughts on the SUDS scale.

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Note; Examine the 0 - 10 scale and rate your symptoms using it.

0. There is no distress, only complete calm. 1. There is no worry. Concentration and alertness. 2. There is very little anxiety or distress. 3. mild anxiety but no functional disturbance. 4. Mild to moderate worry. 5. Moderate anxiety; uneasy but able to function. 6. Anxiety ranges from moderate to strong. 7. quite anxious and disturbing daily functioning. 8. Very distressed and physiological symptoms are present. 9. extremely worried, 10. Highest anxiety that prevents you from functioning.



1. On a scale of 0 to 10, how anxious are you due to your obsessive thoughts?

2. What proof do you have that your obsessive thoughts are real?

3. Can you consider your obsessive thoughts in a less harmful or anxious manner?

4. What coping strategies can you employ to alleviate your anxiety?

References

[Kircanski, K., Wu, M., & Piacentini, J. \(2014\). Reduction of Subjective Distress in CBT for Childhood OCD: Nature of Change, Predictors, and Relation to Treatment Outcome. *Journal of anxiety disorders*, 28\(2\), 125.](#)

SUDS vs. Willingness: Values-based ACT exposure for OCD. (n.d.). Portland Psychotherapy Training.

<https://www.portlandpsychotherapytraining.com/blog/suds-vs-willingness-values-based-act-exposure-for-ocd>

You can find more wellness and mental health worksheets [here](#).