**Expected vs. Actual SUDs Ratings**

Sometimes we are reluctant to do something because we are afraid it will feel uncomfortable. When we end up doing it, it is usually less uncomfortable than we expected. Although we can quickly learn to recognize this, the parts of our brain that controls things like anxiety, disgust, and other apprehension tend to learn slowly. These parts of the brain need some help to learn that things are not usually as bad as we expect.

In this worksheet you will be using SUDs. SUDs are Subjective Units of Discomfort – this is a rating from 0 (least) to 10 (most) of how uncomfortable something is.

How to use this tracking form:

* When you feel apprehension about doing something, write down the date and what activity you are reluctant to do.
* Then rate it 0-10 of how uncomfortable you think it will be
* After doing it, rate it 0-10 for how uncomfortable it actually was
* You will catch on quickly that the “actual” SUDs tend to be lower, but keep using this tracking form anyway to really retrain your whole brain

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