



E.F.T. Session S.U.D.*

Record Sheet

* S.U.D. = Subjective Units of Distress/Discomfort

Aspect	😊	⇐	SUD Rating								⇒	☹️
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
	0	1	2	3	4	5	6	7	8	9	10	
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_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	
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_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	
_____	0	1	2	3	4	5	6	7	8	9	10	