

DEGREE OF INTENSITY ARTOMETER

Accelerated Resolution Therapy[®]

Most Intense feeling
"I can't handle this"

	10°
depressed	—
anxious	9°
fearful	—
angry	8°
guilty	—
powerless	7°
embarrassed	—
shameful	6°
jealous	—
hopeless	5°
obsessed	—
foolish	4°
insecure	—
worthless	3°
hurt	—
distrustful	2°
irritable	—
incompetent	1°
lonely	—
sad	0°
confused	—
indecisive	—
frustrated	—
deceived	—
different	—

Least Intense Feeling
"I can handle this"



Based on "Subjective Units of Distress" developed by Joseph Wolpe, 1969

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