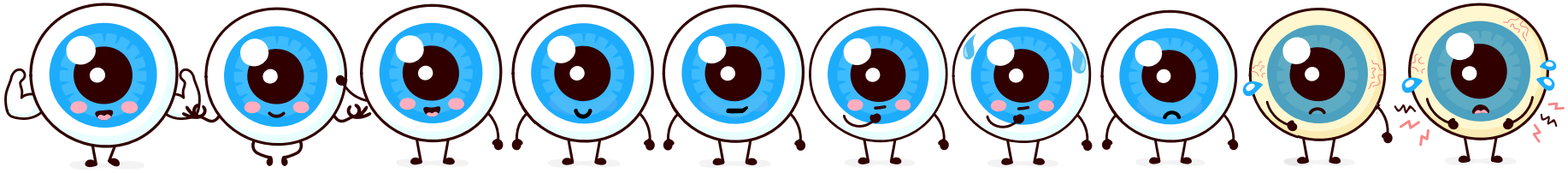
EMDR for Kids VOC and SUD Scales

How true does it feel?

1 2 3 4 5 6 7

Not true — Kind of true — Very true

How stressful does is feel?



1 2 3 4 5 6 7 8 9 10

No stress — Kind of stressed — The most stress