

**Subjective Units of Distress (SUDs)** will help you assess your stress level in the moment. Doing Externalized Dialogue work on the Help For Trauma app will let you see quick results. Do the survey often to help decide when to ground yourself or take a break.

**Are You Ready?** is a way to be sure you are ready for trauma work. Being too dissociative or ungrounded will be a hindrance to your recovery. If your score is under 15 then simply do the [Daily Progress Report](#) to help get yourself on track and more in the “here and now.” Most people need a tough-love partner to help complete the report effectively. The more present and functional you are, the better results you will have. We recommend using an ITR Specialist if you would be more comfortable having a person to help you stay grounded and guide you through your primary work. Go to [HelpForTrauma.com](http://HelpForTrauma.com)

**Trauma Recovery Scale (TRS)** measures current trauma symptoms. Doing this survey weekly is recommended. ITR will allow you to finish the stories, end symptoms and have post traumatic growth with Externalized Dialogue. As you progress in your work you will grow your “emotion quotient” and build resilience.

Contact us if you are willing to be a part of our research and take the full array of assessments.