

# The EGO Tamer® Academy

## Grief Inventory & Stress Assessment (GISA) Scoring Instructions

We use the emotional **Subjective Units of Distress (SUD) Scale** in all our work. You'll use this to rate your level of emotional and physical distress on a scale of **0-10**.

**“0” means this thought, memory or experience** initiates no emotional or physical sensation; hence a **ZERO**.

**“10” means you feel incredibly agitated, highly upset**, may be in **tears** or distressed to the point of being **speechless**.

We begin the assessment by taking an **inventory of possible topics of distress**. This inventory has seven (7) topics.

For example, one of the topics is **DEATH / LOSS OF LOVED ONES**

**Each topic** is further sorted into **probable specific aspects/experiences** that fall under that category.

You will see **beside each aspect, a row of numbers 0-10**.

If you have **NOT experienced** this aspect, simply **click 0**.

If the aspect/experience applies to you personally, you'll **click on the number that represents the level of emotional distress you feel when you think about talking about it**.

### EXAMPLE

DEATH / LOSS OF LOVED ONES *	0	1	2	3	4	5	6	7	8	9	10
Death of Your Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Spouse	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Son	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Daughter	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Brother	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Sister	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of a Close Friend	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of Your Pet (or Pets)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In this example, you selected the following SUDS values:

- Father 5
- Mother 7
- Brother 2
- Sister 0
- Son 0
- Daughter 0

Next you will **calculate (add up) the total SUDS numbers** for this topic in the example: **5+7+2=14**. So you would enter the number “14” in the field for the SUDS total for this topic (as shown below).

Calculate and enter the total of all of your SUDS numbers for DEATH / LOSS OF LOVED ONES and enter that number in the field below. (0-90 possible) \*

Next you calculate **the number of SUDS that are higher than a three** (in this example, **you had a 5 and a 7 which means that 2 are higher than a 3**). So you would enter the number “2” in the appropriate field for this topic (as shown below).

How many of the DEATH / LOSS OF LOVED ONES events above have a SUDS number of 3 or higher? Enter that number in the field below. (0-9 possible) \*

Once you've completed your scores for all of the topics, you'll see your totals at the bottom of the final page of the GISA.

You will then need to **SUBMIT** your GISA. Once you do, you'll receive an email with a copy of your assessment so that you have a list of the topics and aspects that you'll need to use during the program.

Additionally, as soon as you submit your GISA you'll automatically be directed to a **confirmation page** which will provide you with additional information about what your scores indicate for your mental, emotional and physical health and well-being.

We encourage you to go through each topic quickly and score each aspect intuitively. This process will take about 10-15 minutes.