kodama

Hyperacusis Module 1 — My Sound Hierarchy

Use this form to create a working ladder of real-life sounds and situations that sound sensitivity has made difficult. Begin with manageable situations and gradually work toward activities that matter to you.

This hierarchy is based on your anticipated distress, avoidance patterns and functional goals—not on sound frequency or decibel level. It will change as you gain experience.

SECTION 1 — What I Want to Reclaim

1. What activities or parts of your life has sound sensitivity limited?

2. Which activity would you most like to reclaim first?

3. Why does this matter to you?

SECTION 2 — SUDS Scale

Use the Subjective Units of Distress Scale, or SUDS, to estimate how distressed, uncomfortable or activated you expect to feel.

0: completely comfortable

25: mild distress; manageable

50: moderate distress; requires effort

75: severe distress; strong desire to escape

100: the most distress you can imagine

SUDS measures your personal distress. It does not measure sound volume, hearing damage or physical safety.

SECTION 3 — My Sound Hierarchy

My Sound Hierarchy

Repeat the following group for six hierarchy rungs. For context, consider where it happens, who is present, how predictable it is and how much control you have. For your prediction, make the prediction specific enough to test.

Rungs	Rung 1	Rung 2	Rung 3	Rung 4	Rung 5	Rung 6
What real-life sound or situation are you considering?						
Describe the context.						
What exactly do you predict will happen?						
How long do you predict the distress or symptoms will last after the sound ends?						

What is your anticipated SUDS rating? 0-100						
What do you currently do to protect yourself, escape or avoid this situation?						
What would be the smallest manageable version of this situation?						
Do you expect this sound or situation to cause physical ear pain? yes/no						
Which functional goal does this rung support?						

SECTION 4 — Ordering the Ladder

1. List your six rungs from least difficult to most difficult.

2. Which rung appears to be the most manageable starting point?

3. What makes this a reasonable starting point?

4. Have you previously experienced physical pain with this starting rung?

◯ Yes ◯ No