

## Nightmare Intensity Scale

In my nightmares,	Not at all	A little bit	Mildly	Moderately	Strongly	Very Strongly
1. Images are vivid (sharp, clear, detailed)	0	1	2	3	4	5
2. Other sensory details (sounds, smells, tastes, bodily sensations) are vivid	0	1	2	3	4	5
3. I have intense emotions	0	1	2	3	4	5

The strongest emotion in my nightmares is (choose up to 2):

- Fear
- Helplessness
- Anxiety
- Guilt
- Grief
- Despair
- Anger
- Shame
- Horror
- Disgust
- Sadness