

## Pivot Behavioral Health Cue Hierarchy

**Instructions:** **Cues** trigger different learned behaviors. These can be in your physical environment, such as certain places or objects, or coming from within, such as a bodily sensation. Think of the cues that tend to trigger your **undesired behaviors**, these might include substance use behaviors or body-focused repetitive behaviors. Consider which cue would be *most* difficult to be around without doing the undesired behavior. That would be a “10” on difficulty. Then, consider what a “5” would be and then what a “0” would be. Finally, fill in the remaining table. As you expose yourself to the cue, try not to do the undesired behavior; however, make note of whether the behavior actually occurred or not. Mark “Y” if it did occur and mark “N” if it did *not*. Multiple exposure attempts are needed to break the link.

**Date:** \_\_\_\_\_

| Difficulty | Cue | Undesired Behavior | Did behavior occur? |
|------------|-----|--------------------|---------------------|
| 10         |     |                    |                     |
| 9          |     |                    |                     |
| 8          |     |                    |                     |
| 7          |     |                    |                     |
| 6          |     |                    |                     |
| 5          |     |                    |                     |
| 4          |     |                    |                     |
| 3          |     |                    |                     |
| 2          |     |                    |                     |
| 1          |     |                    |                     |
| 0          |     |                    |                     |

What was it like for you to sit with the cue *without* engaging in the behavior?

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