

Pivot Behavioral Health Fear Hierarchy

Instructions: Start with establishing **SUDS anchor points**. Write down the activity that brings you the most amount of distress *and* that you avoid the most under the **100** SUDS anchor point (**SUDS** = Subjective Units of Distress). Then write down the activity that brings you the least amount of distress *and* that you do *not* avoid at all under the **0** SUDS anchor point. Do the same for **50**. Then fill out the rest of the table, writing down additional **exposure activities** and **pre SUDS** ratings. You don't need to fill up every row. **Post SUDS:** Your distress rating after you have completed exposure therapy.

Date: _____

SUDS Anchor Points:

100 _____

50 _____

0 _____

Pre SUDS	Exposure Activity	Post SUDS
100		
50		
0		