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. On the following page, you will write down what you predict will happen if you do the exposure activity.

Date: _____

SUDS Anchor Points

100 _____

50 _____

0 _____

Pre SUDS	Exposure Activity	Post SUDS
100		
50		
0		

See next page for more questions

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Prediction Testing

1. Choose an exposure activity and write it down here.

_____

What negative things do you predict will happen if you do the above activity? Be as specific and detailed as possible with an emphasis on something that you can confirm or disconfirm.

_____

When you are done with the activity, write down whether the prediction came true or not.

_____

2. Choose an exposure activity and write it down here.

_____

What negative things do you predict will happen if you do the above activity? Be as specific and detailed as possible with an emphasis on something that you can confirm or disconfirm.

_____

When you are done with the activity, write down whether the prediction came true or not.

_____

3. Choose an exposure activity and write it down here.

_____

What negative things do you predict will happen if you do the above activity? Be as specific and detailed as possible with an emphasis on something that you can confirm or disconfirm.

_____

When you are done with the activity, write down whether the prediction came true or not.

_____

4. Choose an exposure activity and write it down here.

_____

What negative things do you predict will happen if you do the above activity? Be as specific and detailed as possible with an emphasis on something that you can confirm or disconfirm.

_____

When you are done with the activity, write down whether the prediction came true or not.

_____