

Behavioural Experiment Worksheet

Use this worksheet to identify and test out how you think and behave in challenging or stressful situations. The purpose of the experiment is to learn about how your assumptions, beliefs or predictions about the situation can influence your behaviour, feelings and any physical reactions.

Belief / Prediction

1. What is the belief or prediction that you are testing? (Rate 0%-100%)

2. What situation can you choose to test this belief or prediction?

3. What do you predict will happen? (Behaviours, Feelings, physical reactions)

Preparation

4. What safety / avoidance behaviours will you suspend during the experiment?

5. What Helpful Coping strategies can you use to manage the situation?

Outcome

6. What happened during the experiment?

7. How did this compare with your original belief or prediction about the situation?

Evaluation

8. What did you learn from the experiment?

9. What does this mean about your original belief or prediction?

10. What is a more helpful or realistic belief or prediction? (Rate 0-100%)