

Hierarchy of Behavioural Experiments

If we want to change how we feel, we need to change what we do or avoid. Use this exercise to identify eight situations or activities that are anxiety provoking in the first two columns. In the third column identify your predictions or assumptions about the situation. In the fourth column, rate your predicted level of distress; from 0 (no distress) to 10 (maximum distress). In the fourth column identify what happened and how this changes your assumption. In the final column rate your actual level of distress when completing the task.

Difficulty Level	Feared Situation / Activity	Predictions / Assumptions About Undertaking the Activity	Predicted Distress 0–10	Actual Experience; What happened? How does this change my assumptions?	Actual Distress 0–10
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					