

## Exercise 31 – The Behavioural Experiment

Use this worksheet to test your predictions about how you cope in challenging or stressful situations. The purpose of the experiment is to see how beliefs and assumptions about the situation can be influenced by changes in your behaviour.

**Target Belief / Assumption:** What is the belief or assumption that you are testing? (Rate strength of belief 0%-100%)

**Alternative Belief / Assumption:** What is a plausible and helpful alternative to the target belief? (Rate strength of belief 0%-100%)

**Situation:** What situation or scenario will you choose to test this belief or assumption?

**Predictions:** What do you predict will happen? (Behaviours, Feelings, physical reactions)

**Preparation / Coping Strategies:** What preparations and Helpful Coping strategies can you use to manage the situation without engaging in avoidance or withdrawal behaviours?

**Outcome:** What happened during the experiment?

**Evaluation:** How did this compare with your original predictions about the situation?

**Learning:** What did you learn from the experiment?

**Revised Beliefs / Assumptions:** How does this affect the strength of the original target and alternative beliefs? (Rerate the original target and alternative beliefs (0%-100%))

**Next Steps:** What comes next? What can you do to continue to test and change negative and unhelpful beliefs and assumptions?