

Behavioural Experiment Worksheet

Date/Time	Belief/Thought to test	Rate %	Behavioural Experiment	Prediction	Outcome	Learning	Re-rate original believe
Be specific about when you are carrying the experiment	What thought, belief, assumptions you are testing?	How much do you believe this/these?	Design an experiment that would test your beliefs? Usually this would involve doing something you find difficult, not doing the things (safety behaviours) you usually do in this situation?	What do you think it will happen? How do predict you'll feel? What you will experience?	What actually happened? A factual description of what happened	What did you learn from the experiment? How did that test the belief/thought/assumption? Has another belief come up? Does the original believe needs to be changed?	How much do you believe what you tested?