

## **EXERCISE 7.3: CHALLENGING YOUR WORRY RULES – BEHAVIOURAL EXPERIMENTS**

### **1. Spot the rule or idea to be tested**

Use the safety behaviour list, the sentence completion tasks, the questionnaire information, your Worry Diary, etc., to spot an idea or rule.

### **2. Putting the rule ‘on the table’**

Name it, so that we know what we are dealing with. Frame it in *if-then* terms. Make it real by linking it to a real situation. What is your prediction about? What will happen if you break, bend or disregard the rule? Write it here . . .

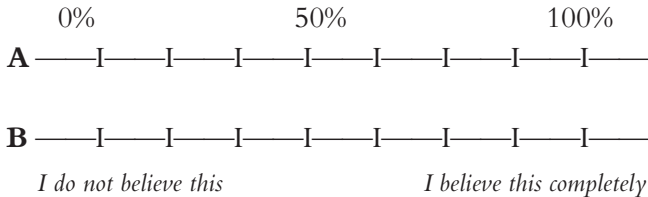


**My experiment is**

**7. Do it!** (Guard against perfectionism and putting thing off.)

**8. Review what happened**

What things have you noticed? What have you learnt? How do you feel now? How does this new experience sit with your prediction? Re-rate both your predictions. What does it tell you about your rule?



**What now? What other experiments can you do?**