# 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 . . .

## 3. Rate your prediction

Put a cross on the line below.

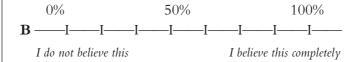


## 4. Emerging idea or alternative prediction

Is there another way of seeing this? What ideas would you give to a friend who believed this? When you are less worried, do you see things any differently? What else might happen if you broke your rule? Write it here . . .

#### 5. Rate your alternative prediction

Put a cross on the line below.



#### 6. Figuring out what to do

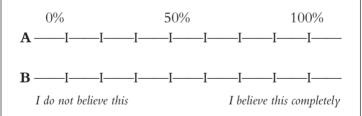
How could you test your prediction? Start simple, start small, and build towards more emotionally loaded experiments. What exactly will you do? What safety behaviours might you need to consider? Can you drop them one by one and see what happens? What else might stop you from learning?

## 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?