

Behavioural experiment worksheet

Date:

1. Thought/belief/behaviour to be tested and strength of conviction:

2. Ideas for experiment to test the thought/belief/behaviour. Circle the best one:

3. Specific predictions about what will happen and how you will record the outcome:

4. Anticipated problems and potential solutions:

5. Describe the experiment you carried out:

6. Describe what happened:

7. Re-rate your conviction:

8. Revised thought/belief/behaviour that can be tested: