

**Table 9.3: Thought record for changing behaviours**

<b>Specific situation</b> <i>(Think of a situation in which you use a safety behaviour)</i>	<b>Prediction</b> <i>(What will happen if you do not keep yourself safe? How will you know if it happens?)</i>	<b>Experiment</b> <i>(How will you find out? What will you do differently?)</i>	<b>What actually happened?</b> <i>(What did you observe? Stick to the facts.)</i>	<b>Conclusions</b> <i>(What does this mean?)</i>