

WORKSHEET 7.5.1:
TESTING ALL OR NOTHING BELIEFS WITH A
BEHAVIOURAL EXPERIMENT

1. Identify your all or nothing belief

2. Identify your prediction in general

3. Specify your prediction precisely (specify behaviour and rate intensity of beliefs and emotions)

4. Create an experiment to test your all or nothing belief

5. Record the results of the experiment

6. Reflection: what have you learned from the experiment?

7. Devise a revised belief
