

Behavioral experiment

Pick one belief you want to test, make a specific prediction, then design a small, safe experiment to check it. Afterward, compare what actually happened to what you predicted.

1 The thought or belief

What thought do you want to test? State it as something specific that could happen.

Thought/belief to test

For example: If I ask my colleagues for support, they will be annoyed and think less of me.

How strongly do you believe it now? (0-10)

0 1 2 3 4 5 6 7 8 9 10

2 Prediction

Make it specific enough to check. What exactly do you expect to happen?

What do you predict will happen?

Be concrete: who, what, when, how intensely, and how likely?

Distress/ discomfort you expect (0-10)

0 1 2 3 4 5 6 7 8 9 10

3 The experiment

Design a small, safe way to test the prediction. Note any safety behaviors to let go of.

What will you do, when, and where?

For example: On Monday at 1:00pm, I will ask my colleague one question without apologizing.

Safety behaviors to let go of

Things you typically do to feel safe - avoiding eye contact, over-preparing, over-apologizing

4 Outcome

Right after the experiment, record what actually happened, as factually as you can.

What actually happened?

Actual distress/ discomfort (0-10)

0 1 2 3 4 5 6 7 8 9 10

5 What was learned

Compare your prediction to the outcome, then update the belief.

What did this tell you? How does it fit your original belief?

How strongly do you believe the original thought now? (0-10)

0 1 2 3 4 5 6 7 8 9 10