

Behavioural experiment record

Date:

Situation

Describe the situation which evokes anxiety or other distress.

Prediction

*What exactly do you predict will happen?
How would you know?
Rate belief in prediction out of 100*

Experiment

What are you going to do to test the prediction?

Outcome

*What actually happened?
Was the prediction correct?*

What I learned

*1. What is a balanced view of this type of situation? (Rate belief out of 100).
2. In future how likely is it that what I predicted will happen? (Rate out of 100).*

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