

Behavioural Experiment

1 of 2 | Plan a testable prediction

Choose an everyday experiment that does not involve genuine danger or changing medical advice. Discuss more difficult experiments with your therapist.

The situation or belief I want to explore

My prediction and belief rating

If I ... then ... | How strongly do I believe this? 0-100%.

Another possible outcome

What will I do?

Specify when, where and for how long.

What will I observe or record?

Choose an observable result, rather than guessing what someone thinks.

What might make the result hard to interpret?

For example: repeatedly checking or seeking reassurance.

Support or practical adjustments I need

Behavioural Experiment

2 of 2 | Review the evidence

The aim is to learn, rather than prove yourself wrong or make anxiety disappear. Mixed or uncertain results can still provide useful information.

What did I actually do?

What happened?

Record observable details, including anything unexpected.

How did this compare with my prediction?

What remains uncertain?

What did I learn?

Belief in the original prediction now: 0-100%

What could I test or adjust next time?