

Behavioural Experiment Form

“HOT” Thought to be tested:

_____ Rate Belief (0-100) _____

Safety Behaviours:

Day/ Date	Predictions / Worst Fears Rate Level of Belief (0-100)	Experiment What exactly will you do? Where? When? Problems and how to deal with them.	Outcome What happened? Safety Behaviours?	Re-Rate
	1.			1.
	2.			2.
	3.			3.
	4.			4.
	5.			5.
	6.			6.
	7.			7.

What Have I Learnt From This Experiment?

What Is An Alternative To The “HOT” Thought?

_____ Rate Belief (0-100) _____