

Behavioural Experiment planning Worksheet A

A practical exercise

Specific cognition/belief to be targeted:		What are you going to do to test out the validity of this cognition/belief?	
		Where are you going to do it?	
		When are you going to do it?	
How much do you believe this thought ? (0-100%)		Who will be involved?	
What do you think will actually happen?		What else might happen?	
How likely do you think this is to happen? (0-100%)		How likely do you think this is to happen? (0-100%)	
What may stop you from doing this behavioural experiment? What things might get in your way?			
How will you overcome these potential difficulties?			