

Behaviour Experiment

We can be stopped from doing what we want by fear or anxiety. These are based on predictions of problems or danger. But these might not be accurate. This tool is designed to test them and make new ones.



PROGRESS
PSYCHOTHERAPY

Prediction- what will happen?, how will you know it happened?, much do you believe it will happen (out of 100)?

Experiment- Do something that can test this prediction (make a behavioural change)

Outcome- What happened and was the prediction accurate?

Learning- What did you learn from the experiment?, how much do you believe your prediction now (out of 100)? Can you make a new prediction?