

Behavioural Experiment

Our thoughts and beliefs determine how we feel, and how we act, at any given moment. Even thoughts that are irrational impact our mood and behaviour, often negatively. A **behavioural experiment** is a tool for testing our thoughts and beliefs, and replacing those that are irrational with healthy alternatives.

Part 1: Experiment Plan

Thought to Test

What is the thought or belief you would like to test?

Experiment

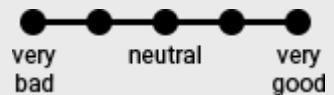
How can you test this thought?

When will you run the experiment?

Prediction

What do you think will happen during the experiment?

How do you expect to feel after the experiment?

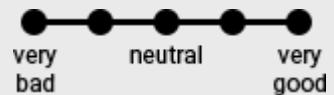


Part 2: Experiment Results

Outcome

What happened during the experiment?

How did you feel after the experiment?



New Thought

Given the evidence from the experiment, what is your new thought?