

Behavioral Experiment Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Instructions: 1. Identify a thought or belief you want to test in a behavioral experiment. 2. Define the specific prediction you expect to see if the belief is true. 3. Plan an experiment that will provide evidence for or against the prediction. 4. Experiment and record your observations. 5. Reflect on the results and what they mean for your initial belief.

Belief or Thought to Test

Prediction

Experiment Design

Observations

Reflection

Remember to approach your behavioral experiment with an open mind and be willing to accept the outcome, whether it supports or challenges your initial belief. Be honest about the results and use this information to help constructively modify your beliefs or behaviors.