

Behavioural Experiment Record Sheet

Date	Target Cognition(s)		Experiment	Prediction(s)	Outcome	What I learned	
	What thought, assumption or belief are you testing? Is there an alternative perspective? Rate belief in cognitions (0-100%).	%	Design an experiment to test the cognition (e.g. facing a situation you would otherwise avoid, dropping precautions, behaving in a new way)	What do you predict will happen?	What actually happened? What did you observe? How does the outcome fit with your predictions?	What does this mean for your original assumption/belief? How far do you now believe it (0-100%). Does it need to be modified? How?	%