Name: **Behavioral Experiment Record** Date:

**Part 1: Setting Up the Experiment**

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| 1. What thoughts or beliefs are you testing? Rate your degree of belief (0-100%) in each. | 2. Design an experiment to test the belief(s). | 3. What do you predict will happen? Rate probability of each prediction. |
| 4. Is there an alternative perspective? Rate your degree of belief (0-100%) in this alternative. | 5. What behaviors would you normally use to prevent the worst from happening? How will you prevent yourself from doing this? What will you do instead? | 6. What problems might interfere with carrying out the experiment? How will you deal with them? |

Adapted from form developed by Oxford Cognitive Therapy Centre