

Test the Prediction

When we feel anxious or uncertain, our minds can make predictions about what will happen. A behavioural experiment can help you test these predictions against real-world information, rather than assuming they're true.

1 THE PREDICTION

What do I predict will happen?

2 HOW STRONG IS THE PREDICTION?

How certain do I feel that this will happen?

0 10 20 30 40 50 60 70 80 90 100

Not at all certain Completely certain

3 THE EXPERIMENT

What could I do to test this prediction?

What will I actually do?

4 WHAT I EXPECT

If my prediction is accurate, what do I expect to happen?

What I expect to see, hear or notice

What I expect to feel

What I expect other people to do

5 WHAT HAPPENED?

Write down what actually happened. Try to stick to the observable facts rather than interpretations.

6 WHAT DID I LEARN?

What does this tell me about my original prediction? What might I do differently next time?

SOURCES

Bennett-Levy, J., Butler, G., Fennell, M., Hackmann, A., Mueller, M., & Westbrook, D. (Eds.). (2004). *Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford University Press.

Beck, J. S. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.). Guilford Press.

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