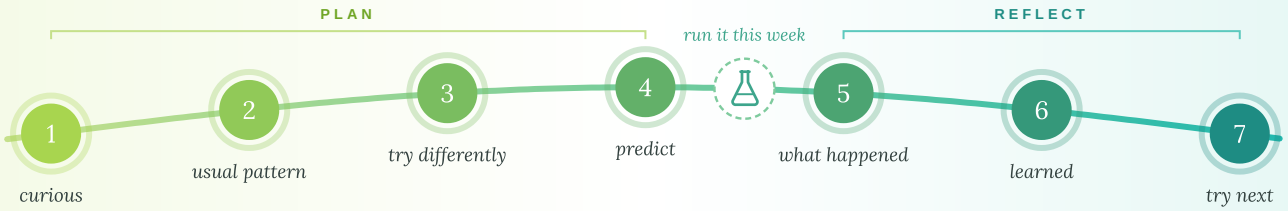
Experiment This Week

PRACTICE · A SMALL EXPERIMENT IN YOUR ACTUAL LIFE

Less "complete the worksheet", more "try something and see what happens"

Week of _____ Experiment no. _____



PLAN *before you try it*

1 Something I want to understand or change
a feeling, habit or belief I'm curious about

2 My usual pattern
what I normally think, feel and do

3 What I'm going to try differently
one small, specific, doable step

4 What I predict will happen
what I expect, and how sure I am

How sure am I? _____ %

Now go and run it · notice, don't judge; whatever happens is useful information

REFLECT *after you've tried it*

5 What actually happened
the facts, as best I can tell

6 What I learned
about the situation, other people or myself

Belief in my prediction now _____ %

7 What I want to try next
the next small experiment, building on this one

↺ Each experiment builds on the last
Step 7 can become next week's step 1.

Good experiments are...

Small
One step you can actually take this week.

Specific
When, where and what you will do.

Safe enough
A stretch, not a leap into overwhelm.

Curious
Not pass or fail; there is no wrong result.

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. · *Clinician-developed practice sheet informed by behavioural experiments in cognitive behavioural therapy.*

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