

## Low Intensity CBT Behavioural Experiment Worksheet

<b>Step 1: About the Thought</b>	
<b>Thought to be tested</b>	
<b>Current belief in this thought (0-100%)</b>	
<b>Step 2: Ideas for Testing the Thought (circle the best one)</b>	
<b>Ideas for experiments (include: what, where, when, who)</b>	
<b>Step 3: Predictions of what will happen</b>	
<b>The worst that could happen (predict percentage of how likely)</b>	
<b>The best that could happen (predict percentage of how likely)</b>	
<b>Step 4: Potential problems/barriers and solutions</b>	
<b>Potential Problems/Barriers</b>	<b>Potential Solutions</b>
<b>Step 5: Do the Behavioural Experiment</b>	
<b>Step 6: Review the Behavioural Experiment and Draw Conclusions</b>	
<b>What I did</b>	
<b>What happened</b>	
<b>Now go back to your original thought</b>	
<b>Re-rate your belief in your original thought</b>	
<b>Revise your original thought with this new information and rate your belief in it</b>	
<b>What I will do differently now based on my new thought</b>	