



Behavioural Experiment Monitoring

Remember...

- You will experience anxiety; stick with it rather than fight it so you can test your prediction
- Make sure you don't engage in anxiety reducing behaviours (e.g. distraction), unless specifically part of your hierarchy
- Record whether your prediction came true
- Rate predicted and actual distress (0-100)

Prediction Specifically what are you afraid will happen?	Experiment How will you test your prediction?	Evidence to Look For What will I/others observe if prediction is true?	Actual Outcome (stick to facts)	What Have I Learned?
Predicted Distress:			Actual Distress:	
Predicted Distress:			Actual Distress:	
Predicted Distress:			Actual Distress:	
Predicted Distress:			Actual Distress:	