

Behavioural Experiments in Low Intensity CBT Worksheet A

Planning a Behavioural Experiment Worksheet A

Thought to Be Put Into Action	Testing It Out
What is the thought you want to put into action?	What are you going to do?
How much do you believe this thought? (0-100%) <input data-bbox="625 1120 812 1232" type="text"/>	Where are you going to do it? <input data-bbox="1107 898 1525 1010" type="text"/> When are you going to do it? <input data-bbox="1107 1010 1525 1122" type="text"/> Who is involved? <input data-bbox="1107 1122 1525 1234" type="text"/>
Predicting the Worst	What's the Alternative?
What do you fear is going to happen?	What are alternative predictions?
How likely do you think this is? (0-100%) <input data-bbox="625 1590 812 1702" type="text"/>	How likely do you think this is? (0-100%) <input data-bbox="1335 1590 1522 1702" type="text"/>
What May Stop You?	Clearing the Way
What things may get in your way?	How will you overcome these?