

Behavioural Experiments in Low Intensity CBT Worksheet B

Reviewing Your Behavioural Experiment Worksheet B

Reviewing Your Prediction

Write your original prediction below

How much do you believe
this thought? (0-100%)

My Learning

How would you change your original
thought to account for the new
learning?

How much do you believe
this thought? (0-100%)

How much do you still
believe your original
thought? (0-100%)

What Happened?

Briefly describe what happened

Doing Things Differently

Based on the new thought what
may you do differently in the future?

Looking Forward

Are there any further behavioural experiments that may be helpful?