

Low-Intensity CBT Behavioural Experiment Worksheet

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