

# Behavioural Experiment Record

This record helps you structure your behavioural experiment and gather data effectively. Good behavioural experiments turn situations into opportunities to challenge unhelpful thinking patterns and strengthen the evidence for more helpful perspectives.



<b>Predictions</b> Date/time: _____	<b>Observations</b> Date/time: _____
<b>Situation &amp; goal</b> <hr/> <p>What situation are you testing? What would you like to learn or change?</p>	<b>What actually happened and what did you learn?</b> <hr/> <p>What did you do, and what did you notice (facts, reactions, body sensations)? How did the outcome compare to your prediction? Any new perspective or takeaway?</p>
<b>Prediction(s)</b> <hr/> <p>What do you expect will happen? How likely is the worst outcome (0-100%)?</p>	
<b>Plan the experiment</b> <hr/> <p>What will you do, where, and when? Any safety behaviours to drop?</p>	