

BEHAVIOURAL EXPERIMENT LOGGING FORM

Identified fear:

If you find this difficult to identify, ask yourself the following question: “What is the worst thing that could happen in this situation?” This should help you to drill down the fear which we can then test out.

Catastrophic prediction:

How much do you believe this to be a likely outcome? %

Alternative prediction:

Strategies I will employ to help me face this fear:

- 1.
- 2.
- 3.

Outcome:

Debrief the behavioural experiment. Did the catastrophic or the alternative outcome occur, or neither, did something happen that you didn't quite expect?

What happened to your anxiety during the course of the experiment? Did the anxiety remain at a high level or did it subside to some degree?

What can you set as your next behavioural experiment to test this fear out further? If your anxiety rating for this experiment was moderate to high (5 or above out of 10), keep the next behavioural experiment at a similar level of challenge. If your anxiety rating was 5 or below at the outset and dropped further during the experiment, you are probably ready for a greater challenge.