The Psychology Clinic
FARNHAM

OCD BEHAVIOURAL EXPERIMENT LOG FORM

Behavioural experiment	Hypothesis 1	Hypothesis 2	Anxiety rating at start	Anxiety rating 5 mins	Anxiety rating 10 mins	Anxiety rating 15 mins	Anxiety rating 20 mins	Anxiety rating 30 mins	Anxiety rating 45 mins	Outcome Which hypothesis proved to be correct?