

# SUMMARY OF BEHAVIOURAL EXPERIMENTS

Behavioural experiments are experiments performed in therapy to test out a prediction. You might have done these in your therapy sessions with your therapist or on your own in between sessions. You might have done behavioural experiments in the therapy room or out and about in the community. This sheet is a summary of behavioural experiments done with and without your therapist.

<b>PREDICTION</b>	<b>EXPERIMENT</b>	<b>OUTCOME</b>	<b>LEARNING</b>	<b>NOTES</b>
<b>What did you think would happen?</b>	<b>How did you test the prediction?</b>	<b>What happened?</b>	<b>What did you learn?</b>	<b>Anything else important to remember?</b>

