Behavioral experiment

Pick one belief you can test by doing something. Plan a small, safe test, write down what you expect, then do it and record what happened. Rate how much you believe the thought from 0 (not at all) to 100 (completely), before and after.

1. The belief to test In your own words. How much do you believe it?	**2. The experiment** What exactly will I do? When and where?	**3. My prediction** What do I expect to happen? How will I know if it did?	**4. What might get in the way** And what I will do if it does	**5. What happened** The facts, as a camera would record them	**6. What I learned** Does the belief still fit? What would I try next?
Belief before: ____ / 100					Belief after: ____ / 100

Based on the approach in Bennett-Levy and colleagues, Oxford Guide to Behavioural Experiments in Cognitive Therapy (2004).
Made by Joel Dean, Joyful AI Journal. joyfulaijournal.com/thinking/cbt-worksheets

Choose tests that are safe. If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.