

## Behaviour Experiment



PROGRESS  
PSYCHOTHERAPY

Anxiety is often based on predictions of problems or danger. But these might not be accurate. This tool is designed to test them and make new ones. This can help us overcome anxiety and reclaim life.

**Prediction-** what will happen?, how will you know it happened?, much do you believe it will happen (out of 100)?

**Experiment-** Do something that can test this prediction (make a behavioural change)

**Outcome-** What happened and was the prediction accurate?

**Learning-** What did you learn from the experiment?, how much do you believe your prediction now (out of 100)? Can you make a new prediction?