

Behavioural Experiment Form

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| Belief/image to be tested (Rate % belief) | |
| Alternative Perspective (Rate % belief) | |
| Experiment (How can I test my belief/image?) | |
| Specific Predictions (Objective outcomes to observe) | |
| Results (What happened?) | |
| Conclusions (What did I learn? How much do I believe my previous thought/image? Visualise the new helpful image as if it is actually occurring now) | |