Pivot Behavioral Health
Behavioral Experiment

Instructions: Use this worksheet to test out your predictions. Think of a **belief / prediction** that you are having that is contributing to your anxiety or depression (for example, "I won't have a good time at the party", "I won't be able to deal with failure."). Rate how believable this prediction is for you. Then, think of a situation in which you can test the accuracy of your prediction and make note of what exactly you predict will happen. Try to be as specific as possible so that we can know if the prediction came true or not.

Under **preparation**, make note of any safety or avoidance behaviors you will not engage in to really test your prediction. Then, write down the **outcomes** of your experiment. For example, what actually happened. Then **evaluate** the results of the experiments, so what you learned, what the results do to your original belief, and how you might think about things differently.

Date: _____

Belief / Prediction

What is the belief or prediction that you are testing? (Rate 0%-100% on believability)

What situation can you choose to test this belief or prediction?

What do you predict will happen? (for example, actions, feelings, etc.)

Preparation

What safety / avoidance behaviors will you suspend during the experiment?

What helpful coping strategies can you use to manage the situation?

See next page for more questions

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Outcome

What happened during the experiment?

How did this compare with your original belief or prediction about the situation?

Evaluation

What did you learn from the experiment?

What does this mean about your original belief or prediction?

What is a more helpful or realistic belief or prediction? (Rate 0-100%)