

Behavioral Experiment Worksheet

Name:

Date:

Instructions:

1. Identify a thought or belief you want to test in a behavioral experiment.
2. Define the specific prediction you expect to see if the belief is true.
3. Plan an experiment that will provide evidence for or against the prediction.
4. Experiment and record your observations.
5. Reflect on the results and what they mean for your initial belief.

Step	Description
1	Belief or Thought to Test Identify a thought or belief you want to test in a behavioral experiment. This could be a thought about yourself, others, or the world.
2	Prediction What specific outcome do you expect if your belief were true? Describe this outcome in detail, making it as straightforward and measurable as possible.
3	Experiment Design Plan an experiment that will provide evidence for or against your prediction. Describe the steps you will take, any materials you need, and the situations in which you will experiment.
4	Observations Experiment and record your observations. Describe what happened, what you saw, and any other relevant details.
5	Reflection Reflect on the results of your experiment. Did the outcome support or challenge your initial belief? What did you learn from this experience, and how can you use this information to modify your beliefs or behaviors?

Remember to approach your behavioral experiment with an open mind and be willing to accept the outcome, whether it supports or challenges your initial belief. Be honest about the results and use this information to help constructively modify your beliefs or behaviors.