**Worksheet 12.3** Behavioural experiments plan

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| **thoughts to be put into action** | | |
| The thought I want to put into action is: | | I believe this thought (0–100%) [ %] |
|  | |  |
| **Designing the experiment** | | |
| I am going to test this thought by: | | |
| What? |  |  |
| Where? |  |  |
| When? |  |  |
| Who? |  |  |
| **Predicting the worst** | | |
| I predict the worst that will happen is: | | I think this will happen (0–100%) [ %] |
|  | |  |
| Predicting an alternative: | | I think this will happen (0–100%) [ %] |
|  | |  |
| **Possible barriers** | | |
| The following things may get in the way: | | |
|  | |  |
|  | |  |
|  | |  |
| **Overcoming barriers** | | |
| I might overcome these barriers by: | | |
|  | |  |
|  | |  |