SAMPLE FORM 8.1

Behavioral Experiment Worksheet

"Old" Core Belief: I'm a failure
Believability before experiment (0%-100%): 100%
Believability after experiment (0%-100%): TBD

"New" Core Belief: I sometimes make mistakes but generally capable.
Believability before experiment (0%-100%): 20%
Believability after experiment (0%-100%): TBD

Specific Thoughts and Behaviors Associated With New Core Belief (i.e., what to look for)
1. Times I can focus on the positive
2. Increase self efficacy
3. 
4. 

Plan to Strengthen New Core Belief (i.e., what is your experiment?)
Journal at least 3 things you did well during the presentation.

Potential Problems/Obstacles (e.g., automatic thoughts, maladaptive behaviors, external factors)
1. Negative thinking is a habit
   Coping and problem-solving strategy: Catch when it happens.
2. 
   Coping and problem-solving strategy
3. 
   Coping and problem-solving strategy

How likely is it that you will attempt the experiment? (0%-100%): 85%
Explain: 

What is your prediction for the outcome of this experiment?
Predicts it will helpful and a positive experience.
Figure 8.2. Downward-Arrow Worksheet