Sample Form 8.1
Behavioral Experiment Worksheet

“Old” Core Belief: I am Embarrassing
Believability before experiment (0-100%): 85%
Believability after experiment (0-100%): 30%

“New” Core Belief: I am worthy of being accepted by others.
Believability before experiment (0-100%): 35%
Believability after experiment (0-100%): 60\textarrow{70} \%

Specific Thoughts and Behaviors Associated with New Core Belief (i.e., what to look for)
1. I can talk about things that make me anxious
2. People value what I have to say
3. It’s possible for me to be accepted
4. My friends’ acceptance does not define me

Plan to Strengthen New Core Belief (i.e., what is your experiment?)
Initiate a conversation with friends about past and future presentations and course work to reflect back.

Potential Problems/Obstacles (e.g., automatic thoughts, maladaptive behaviors, external factors)
1. Might become anxious about the conversations, topic.
   Coping and problem-solving strategy: Make a plan about what I am going to talk about, breathing techniques
2. My friends might not understand the same reactions of anxiety that I am experiencing
   Coping and problem-solving strategy: Think of a way to construct the conversation to help my friends better understand my worries.
3. My friends also have anxiety about the presentation and we both feed into each other’s anxiety
   Coping and problem-solving strategy: Talk to each other about how to help each other, use each other as a support during the presentation when we become overly anxious.

How likely is it that you will attempt the experiment (0-100%): 75%
Explain: Nervous about it, but feel strongly that my friends will be a good resource and support to talk to.

What is your prediction for the outcome of this experiment?
I think my friends will understand my anxiety and will be able to have some connections related to our stress. Maybe we will even be able to support each other in the future when it comes to presentations.

What was the outcome of this experiment? (i.e., thought or behaviors associated with new core belief?) went greatly and her friend had the same emotions, looked at her friend for her presentation and vice versa to eliminate the anxiety during the presentation.

Evidence for New Core Belief? Mostly her friend listening to her and agreed about the anxious ideals. Felt more accepted by her classmates.
Evidence Against New Core Belief? Lingering thoughts about what could happen during presentation.

Thoughts and feelings moving forward: Will be using this technique every time she gives a presentation. I want to try to come up with independent techniques for when my friend is not there.