

## Behavioural Experiments

Specific situation	Prediction	Experiment	What actually happened?	Conclusions
A situation in which you use a safety behaviour or avoid	What will happen if you do not keep yourself safe? How will you know if it happens?	How will you find out? What will you do differently?	What did you observe? (Stick to the facts)	What does this mean?
A pause in the conversation means I start talking nonsense just to fill in the gap.	The silence will go on and no one will speak. My anxiety will get out of control and become visible to everyone	I will try saying nothing and wait for someone else to break the silence.	I did feel highly anxious but everyone else just went on talking when they were ready.	I'm not the only one responsible for keeping things going.
Hiding my face when someone in the office asks me a question.	I will blush and go bright red. They will look away, and stop talking to me	I will stop hiding myself, stay in full view, and let them see what happens	I did go red. But I did not hide, and the conversation just went on.	That going red is not as disastrous as I feared. That I don't need to hide.
Going out at a time when I am unlikely to meet, or have to talk to people I know.	People will approach me and say something that I should answer. I will feel nervous and say something stupid.	I will go out at busier times, answer if someone speaks to me and not cross the street to avoid anyone.	I felt very nervous but I answered someone who - said 'Good morning' with 'OK'. I passed someone I knew but they said nothing.	I suppose I could get used to it. People don't seem to be that interested in talking anyway, in those circumstances
At work where I keep quiet and don't join in the conversation because I fear that if people get to know me, they won't like me	<b>Belief:</b> If people got to know me then they won't like me.  People won't be interested in me. If I speak up, they will just turn away, or they won't listen. They might even walk away.	At work I will try telling one person about something fun that I did over the weekend	I told Jeb about the movie I'd watched. He has seen it too, and enjoyed it, and others started joining in, all talking about it. I kept quiet until someone asked me if I liked the ending, and I said yes. But they didn't and then the conversation petered out.	They did listen. They didn't leave me out – but it was difficult to think what to do next

**Thought record for changing behaviours**

<b>Specific situation</b> A situation in which you use a safety behaviour or avoid	<b>Prediction/Beliefs</b> What will happen if you do not keep yourself safe? How will you know if it happens?	<b>Experiment</b> How will you find out? What will you do differently?	<b>What actually happened?</b> What did you observe? (Stick to the facts)	<b>Conclusions</b> What does this mean? Alternative or more balanced Assumption/Belief