

WORKSHEET 12.9. Behavioural Experiments to Strengthen New Core Beliefs

Write down the core belief(s) you want to strengthen:

List two or three new behaviours that fit with your new core belief. These might be behaviours you would do if you had confidence in your new core belief. They might be behaviours that you feel reluctant to do and yet they would strengthen your new core belief if you did them:

Make predictions about what will happen, based on your old and new core beliefs.

My old core belief prediction:

My new core belief prediction:

Results of my experiments (write down what you did, who you did it with, and what happened):

What I learned (do the results support my new core beliefs even partially?):

Future experiments I want to do (use other side if necessary):