



COGNITIVE BEHAVIOURAL THERAPY

STRATEGIES (A 10-PART SERIES)

PART **7**_B EXPOSURE

BEHAVIOUR EXPERIMENT

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1. Write down your **belief** about a feared situation
2. Make a **prediction** about what you think will happen if you face this fear
3. Describe the **experiment** you will conduct to test this belief
4. Note the actual **outcome** of what happened after completing the experiment
5. **Reflect** on the experience and write down your thoughts, considering how the outcome compared to your initial belief and prediction

1
BELIEF

2
PREDICTION

3
EXPERIMENT

4
OUTCOME

5
REFLECTION