

Worksheet 19

Testing experiment diary

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Date:
Preparation for experiment
My catastrophic panic thought:
Strength of conviction (0–100%):
Ideas for experiment to test the catastrophic panic thought (circle the best one). Remember it is vital you do not engage in any safety behaviours so include this in your ideas. 1. 2. 3. 4.
Specific predictions about what will happen in this experiment, how you will know if your prediction is true, and your strength of conviction (0–100%). Prediction: How I will know if my prediction is true: Strength of conviction (0–100%):

Post-experiment analysis

Describe the experiment you carried out and whether you engaged in any safety behaviours:

Did your prediction come true?

Re-rate your conviction in your original thought:

What have you learned from the experiment and how likely do you think it is that your original prediction will happen sometime in the future?

What else can you do to test your original prediction?