Behavioral Experiment Planner

Write the hot thought, plan a small test, and name what would change your mind.

Name: _____ **Date:** _____

Hot thought / prediction (exact words):

_____

_____

_____

Belief before the experiment (0 to 100%):

_____ % Emotion 0 to 10: _____ Emotion word: _____

Experiment plan (who, what, where, when, how long):

_____

_____

_____

_____

_____

Safety behaviors to drop or notice

What I usually do that protects the belief:

_____

_____

_____

_____

_____

_____

_____

I will drop these for this test:

_____

What would disconfirm this belief?

If the thought were wrong, I would see:

_____

_____

_____

_____

_____

_____

_____

Minimum I will complete:

_____

Original layout by Lotus & Tulip, based on CBT behavioral experiments. A practice tool, not therapy.

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Experiment Record

Compare prediction with what happened. Rate belief again. Write the learning.

Name: _____ **Date:** _____

Round 1

Date: _____

Prediction: _____

What happened: _____

Belief before: _____% **Belief after:** _____% **Emotion after:** _____/10

Learning (one sentence): _____

Next experiment: _____

Round 2

Date: _____

Prediction: _____

What happened: _____

Belief before: _____% **Belief after:** _____% **Emotion after:** _____/10

Learning (one sentence): _____

Next experiment: _____

Round 3

Date: _____

Prediction: _____

What happened: _____

Belief before: _____% **Belief after:** _____% **Emotion after:** _____/10

Learning (one sentence): _____

Next experiment: _____

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My Small Experiment (Teens)

A short planner for school, friends, and social media tests.

Name: _____ **Date:** _____

What I think will happen (my prediction):

_____

_____

Belief scale before (circle a number):

0	10	20	30	40	50	60	70	80	90	100

0 = do not believe it 100 = totally sure

My small test (what I will do, when):

_____

_____

_____

Safety moves I will skip

_____

_____

_____

_____

After: what happened?

_____

_____

_____

Belief after: _____%

Quick practice card ideas (circle one to try this week):

Raise one hand	Join the table	Post once
Ask one clarifying question in class.	Sit down, say hi, ask one normal question.	Post after one check. Do not delete for a day.
Speak 60 seconds	**Send the draft**	**Skip the check**
Share a short update without a full script.	Send after a two minute proofread only.	Wait 10 minutes before checking for replies.

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