

Please review the handout that Larry discussed in the session.

- **Below** you can see an example of what the handout could look like after it has been filled out.
- **The next page** contains an empty version you can fill out on your own.

EXPERIMENT WORKSHEET

<i>Before experiment</i>		<i>After experiment</i>		
SITUATION & DATE:	PREDICTIONS: What exactly do you fear will happen (your verbal hot thoughts and disturbing images)? What are the underlying core beliefs? ⇒ Rate belief: 0-100%	EXPERIMENT: What will you do to test your predictions? Specify your behavioral goals. Include: external mindful focus & drop safety-seeking behaviors.	EVIDENCE: What actually happened? Did your feared predictions come true? If so, how bad was it for you, and how did you cope with it?	WHAT I LEARNED: What do these experiments tell you about yourself, your hot thoughts & core beliefs? How can you build on this? ⇒ Rate belief: 0-100%
5/11: going to a party where I know few people	<ul style="list-style-type: none"> --I won't know what to say, or I might say something stupid. --I'll appear tense & nervous. --People will think poorly of me, and won't enjoy talking to me. --I have an image of people snickering, giving me disapproving looks, and getting out of the conversation quickly. --85%	<ul style="list-style-type: none"> --attend party & stay 2+ hours --greet 5+ new people --start 2 conversations --focus mindfully on the conversation --try to keep the conversations going for at least 15 minutes --speak more expansively 	<ul style="list-style-type: none"> --One conversation seemed to be enjoyable to both of us. We both talked actively for about 20 minutes. --No one appeared to react negatively to me, not even in the first awkward conversation. --Two people came up to me and started conversations. 	<ul style="list-style-type: none"> --If I approach people, focus mindfully and speak longer, I'm pretty good at making social conversation, and some people enjoy talking to me. A little awkwardness with a new person is no big deal. --70%
5/9-12: social conversation with coworkers	<ul style="list-style-type: none"> --I won't know what to say, or I might say something stupid. --I'll appear tense & nervous. --People will think I'm bothering them. --People will think poorly of me, and won't enjoy talking to me. --I have an image of people snickering, giving me disapproving looks, and getting out of the conversation quickly. --65%	<ul style="list-style-type: none"> --initiate social conversation with at least 1 coworker daily --focus mindfully on the conversation --try to keep each conversation going for 2-3 minutes --speak more expansively 	<ul style="list-style-type: none"> --Most people reacted in a friendly way. They asked me follow-up questions and seemed interested in chatting. --Steve was brief with me and kept looking at his work. I took that to mean he was busy & wanted to be left alone, so I excused myself. But he was friendly the next day. --Kim initiated a conversation with me the day after I talked with her. 	<ul style="list-style-type: none"> --Most of the time coworkers enjoy talking to me. If someone turns out to not want to talk, I can excuse myself and no harm has been done. I'm good enough at making conversation so long as I focus mindfully and speak more expansively. --75%

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