

Social Anxiety - Behavioural Experiment Worksheet

Situation	Experiment	Prediction	What happened?	What did I learn?
What is the situation or behaviour to test?	What experiment can you do to test whether your predictions are true?	What do you think will happen? <i>Tip: Be specific. E.g. people will think I am weird, how would you know that? What would you see?</i>	What happened after you tried your experiment? Were your predictions true?	What did you learn about yourself and others? How true were your predictions? What conclusions can you draw from this? What can you do next?
<i>Example: Dropping the "safety behaviour" of looking at my phone to avoid engaging in the conversation.</i>	<i>Take part in in a conversation for 10 minutes without looking at my phone</i>	<i>People will see I am nervous I will mess up when I speak I will sweat</i>	<i>I was a bit anxious, but there was no evidence of anyone else noticed. I spoke ok and didn't sweat at all</i>	<i>Other people do not notice what I think they do. My predictions were not correct. I could try this in a longer situation</i>