

EXERCISE: **Behavioral Experiments to Strengthen New Core Beliefs**

At this point, you may be ready to do some behavioral experiments to strengthen some of your new core beliefs. Use **Worksheet 12.9** to do the following:

1. Write out two or three new behaviors that are linked to your new core belief. You are likely to feel a bit nervous or hesitant about doing these behaviors. That's a sign that you are probably on the right track.
2. Make predictions about what will happen, based on your old and new core beliefs.
3. If possible, try these behaviors out with strangers first (e.g., shop clerks, people in town you don't know). This can be helpful, because strangers don't expect you to act in any particular way.
4. Once you have done the experiments a number of times with strangers, try out these new behaviors with people you know. If appropriate, you can tell your family and friends what new behaviors you are trying and why this is important for you.
5. Write down the outcome of your experiments and what you learn from them, especially as they relate to your new core beliefs and your predictions (see item 2 above). Do your new behaviors and the outcomes support your new core beliefs even partially?

WORKSHEET 12.9. Behavioral Experiments to Strengthen New Core Beliefs

Write down the core belief(s) you want to strengthen: _____

List two or three new behaviors that fit with your new core belief. These might be behaviors you would do if you had confidence in your new core belief. They might be behaviors that you feel reluctant to do and yet they would strengthen your new core belief if you did them:

Make predictions about what will happen, based on your old and new core beliefs.

My old core belief prediction:

My new core belief prediction:

Results of my experiments with strangers (write down what you did, who you did it with, and what happened):

Results of my experiments with people I know (write down what you did, who you did it with, and what happened):

What I learned (do the results support my new core beliefs even partially?):

Future experiments I want to do: