

BEHAVIOURAL EXPERIMENT RECORD 3

Negative Image Describe your prediction. Specifically, what do you envisage happening?	SUDS /10 How anxious do you feel?	Experiment Specifically, what could you do to test this image? Safety behaviours to drop	Evidence to Observe Specifically, what do you need to look for to confirm or disconfirm your image? Where to focus attention?	Results What happened? What clear evidence did you collect? Stick to unambiguous facts.	Conclusion What conclusion follows from your results?

Close eyes and update image based on results and conclusions