

EXPERIMENT WORKSHEET

Name _____

<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 mindful focus & eliminating 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 your hot thoughts & core beliefs? ⇒ Rate belief: 0-100%

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5/11: going to a party where I know few people	<p>--I won't know what to say, or I might say something stupid.</p> <p>--I'll appear tense & nervous.</p> <p>--People will think poorly of me, and won't enjoy talking to me.</p> <p>--I have an image of people snickering, giving me disapproving looks, and getting out of the conversation quickly.</p> <p>--85%</p>	<p>--attend party & stay 2+ hours</p> <p>--greet 5+ new people</p> <p>--start 2 conversations</p> <p>--focus mindfully on the conversation</p> <p>--try to keep the conversations going for at least 15 minutes</p> <p>--speak more expansively</p>	<p>--One conversation seemed to be enjoyable to both of us. We both talked actively for about 20 minutes.</p> <p>--No one appeared to react negatively to me, not even in the first awkward conversation.</p> <p>--Two people came up to me and started conversations.</p>	<p>--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.</p> <p>--70%</p>
5/9-12: social conversation with coworkers	<p>--I won't know what to say, or I might say something stupid.</p> <p>--I'll appear tense & nervous.</p> <p>--People will think I'm bothering them.</p> <p>--People will think poorly of me, and won't enjoy talking to me.</p> <p>--I have an image of people snickering, giving me disapproving looks, and getting out of the conversation quickly.</p> <p>--65%</p>	<p>--initiate social conversation with at least 1 coworker daily</p> <p>--focus mindfully on the conversation</p> <p>--try to keep each conversation going for 2-3 minutes</p> <p>--speak more expansively</p>	<p>--Most people reacted in a friendly way. They asked me follow-up questions and seemed interested in chatting.</p> <p>--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.</p> <p>--Kim initiated a conversation with me the day after I talked with her.</p>	<p>--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.</p> <p>--75%</p>

Pride and Gratitude Log

This is a strategy to retrain your mind to counteract your old habit of mental-filtering onto the negative elements of what you experience, and to ignore, disqualify or not even notice the positive elements. The results of using this strategy regularly for at least a month are typically improved mood and self-confidence, and lessened social anxiety.

To achieve these results, however, it is necessary to use this strategy daily, and not just occasionally. Fortunately, it generally takes less than five minutes, and it usually feels good.

Here are the directions and some suggestions:

- Make it a daily practice to think back over the past 24 hours and write down anything positive that you experienced in an ongoing log (paper or electronic). Be specific. Do not disqualify the positive, no matter how small, imperfect or repeated the positive experience is. Do not write any qualifiers or anything negative here. (If you are feeling distressed about something, then separately complete a Cognitive Restructuring Worksheet on that upset.) It doesn't matter whether or not you actually *feel* pride or gratitude at this point. If it is at least partly positive, then write it down! With further practice in regularly using this log, you will likely begin to actually feel proud and grateful.
 - Reenter positive things that occur on more than one day, but make it a goal to write at least one new thing each day. If you stop including positive things because you have included them in previous days' logs, you are implicitly giving yourself the distorted message that they do not count and you may take them for granted. But do try to include at least one new item each day, even if that means choosing to do something just so you can log it!
- ⇒ For each item you write for which you were at least partially responsible, also write down the personal strengths or qualities of yours of which this is evidence. This helps you see that one small positive thing you have done is reflective of a strength / quality of yours that is actually very important and enduring. For example: you may have had a good conversation with a friend, which might be evidence that you can be an engaging conversationalist, a good friend and a likable person.
- It is important to enter items in this pride and gratitude log *every day* in order to retrain your mind to look for and value these previously neglected positive things about your life. Some people find it helpful to schedule a regular time every day to complete the log, paired with some activity they are already in the habit of doing daily, eg: during your first cup of coffee, just before going to bed, etc. Perhaps set an electronic alert to remind you.
 - Some people prefer to make entries in their log multiple times during the day, often soon after experiencing something positive. Some find it is easier to remember these experiences this way, and that it reinforces the positive feelings you get from them more effectively. You can make these ongoing entries in a notebook or electronic device which you routinely carry with you. Just make sure you make your entries at least once per day.
 - Periodically reread your Pride & Gratitude Log, or sections of it.