

## Behavioural experiments

There are 7 steps to a behavioural experiment:

1. Decide on your overall goal – for example, going to the supermarket alone on a Saturday afternoon.
2. Make a list of smaller steps towards this goal – for example, walking to the end of the road alone, or going to the supermarket when it's not busy.
3. Rank the steps based on which ones make you most anxious, and sort them in order from the one that causes the least anxiety to the one that causes the most anxiety.

For example:

<b>Goal:</b> going to the supermarket alone on a busy Saturday afternoon	
<b>Step</b>	<b>Difficulty score (0 = no distress, 10 = extreme distress)</b>
Leaving your house alone and waiting outside for 5 minutes before going back in	2
Walking down the street alone	4
Going to a smaller shop alone	5
Going to the supermarket alone but not going in	7
Going to the supermarket alone at 9pm on a Monday	9
Going to the supermarket alone at 2pm on a Saturday	10

4. Try out the first step.
5. Think about how the first step went – what went well? What could have gone better?
6. Repeat the first step until you feel comfortable.
7. Move onto the next step and repeat the process.

You will find a blank table below.

