Try a small experiment

CBT practice

Plan one safe, manageable action with your counselor to learn about a prediction or a pattern of avoidance. Keep necessary safety steps and accommodations. Learning counts even if the outcome is difficult.

Example: "If I ask one question, people will judge me." A small test might be asking a trusted teacher or coworker one practical question.

1. What I want to learn

A specific question, not a test of my worth or a demand for certainty.

2. What I predict will happen

What could I actually observe? Leave room for more than one outcome.

3. The small action and support I need

Make the step smaller if needed. Avoid risky or unsafe situations.

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4. When I will try it and when I will stop the exercise

Agree on a practical limit, rather than repeating until I feel sure.

5. What I observed afterward

Record what happened, including anything that differed from my prediction.

6. What I learned and what to adjust

What would help next time? Review with my counselor before increasing difficulty.

For OCD or trauma-related practice, use the specific plan developed with your clinician. This general sheet does not replace ERP or a trauma treatment plan.

Educational practice, not a complete treatment plan