



*Syracuse Integrative Psychiatry*

Comprehensive care. Transformative outcomes.

# Week 11: Behavioral Experiments I

*Testing Your Hypotheses*

**Don't just think it—test it.** We often treat our negative thoughts as facts. A behavioral experiment treats them as hypotheses that need to be tested in the real world.

Instead of assuming "If I speak up, everyone will hate me," we design an experiment to see what actually happens.

## Design Your Experiment

### 1. THE PREDICTION (HYPOTHESIS)

What exactly do you fear will happen? Be specific.

Example: "If I ask the cashier for extra napkins, she will roll her eyes and be rude."

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### 2. THE EXPERIMENT

What will you do to test this? (Keep it safe and manageable).

Example: "I will go to the coffee shop and ask for extra napkins."

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### 3. THE OUTCOME (DATA)

What actually happened? Did your prediction come true?

Example: "She smiled and gave me a handful. She didn't roll her eyes."

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### 4. THE CONCLUSION

What did you learn? How does this change your belief?

Example: "People are generally helpful, not hostile. Asking for what I need is okay."

