



Week II: 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."

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."

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."

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."

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