

Ψ OCEANOS COUNSELING

Behavioural Experiment Form:

Instructions: This form is designed to guide you through a behavioural experiment to help challenge and modify specific thoughts or behaviours contributing to distress. Please complete the form thoughtfully and honestly. We will discuss the details of the experiment with you during your next session.

Client Information:

- Name:**
 - Date:**
 - Therapist's Name:**
-

Experiment Overview:

Title of Experiment:

Objective: (State the specific goal or outcome you hope to achieve through this experiment)

Hypothesis: (What thoughts or beliefs are you aiming to challenge or modify?)

Description of the Experiment: (Provide a detailed explanation of the activity or task to be undertaken. Ensure it is clear, specific, and achievable within a reasonable timeframe.)

Preparation: (List any necessary preparations or considerations for the experiment. This could include scheduling, gathering materials, or identifying potential obstacles.)

Anticipated Challenges: (Identify any potential challenges or obstacles you might face during the experiment. Consider how you can address or overcome these challenges.)

Feelings and Thoughts Before the Experiment: (Describe your current feelings and thoughts about undertaking this experiment. Be honest and specific.)

Plan for Self-Reflection: (Outline how you will reflect on the experience. Consider journaling, noting changes in emotions, or any insights gained.)

Completion and Follow-Up: (Provide a space for the client to jot down their experience after completing the experiment. Include a section for them to note any changes in thoughts, feelings, or behaviors.)

Discussion Points for Therapy Session:

1. **Observations:** (What did you observe or learn from this experiment?)
2. **Impact on Thoughts:** (How did this experiment challenge or modify your initial thoughts or beliefs?)
3. **Emotional Responses:** (Describe any changes in emotions or mood during and after the experiment.)
4. **Behavioral Changes:** (Note any observable changes in behavior resulting from the experiment.)

5. **Insights Gained:** (Share any insights or realizations you gained from this experience.)

Therapist's Feedback: (Fill it up during therapy)

Next Steps: (Fill it up during therapy)

Please bring this completed form to your next therapy session for discussion with your therapist. If you have any questions or concerns, feel free to contact info@oceanotherapy.com at +306948152193

Example: Behavioral Experiment Form: Oceanos Therapy

Instructions: This form is designed to guide you through a behavioral experiment to help challenge and modify specific thoughts or behaviors contributing to social anxiety. Please complete the form thoughtfully and honestly. Your therapist, Dr. Sarah Smith, will discuss the details of the experiment with you during your next session.

Client Information:

- Name:** John Doe
 - Date:** [Current Date]
 - Therapist's Name:** Deniz Uyanik
-

Experiment Overview:

Title of Experiment: **"Breaking the Ice"**

Objective: Challenge the belief that others perceive you negatively in social situations by initiating a conversation with a stranger and noting the outcomes.

Hypothesis: By engaging in a casual conversation with a stranger, I will gather evidence that challenges my belief that others find me socially awkward or unlikable.

Description of the Experiment: Visit a local coffee shop or another public place. Approach a stranger (someone not known to you) and initiate a friendly conversation. This could involve asking for recommendations, commenting on the surroundings, or sharing a brief personal experience. Aim for a conversation lasting at least 5 minutes.

Preparation: Choose a location where you feel comfortable, and ensure you have a topic in mind for starting the conversation. Set a specific time for the experiment, allowing enough flexibility to choose a suitable moment.

Anticipated Challenges: Potential challenges may include nervousness, fear of judgment, or difficulty finding an appropriate opening. Consider strategies to manage anxiety, such as deep breathing or positive self-talk.

Feelings and Thoughts Before the Experiment: I feel anxious about initiating conversations with strangers. I worry that they will perceive me as awkward or uninteresting.

Plan for Self-Reflection: After the conversation, reflect on your feelings, thoughts, and any observable changes in your anxiety levels. Consider journaling about the experience.

Completion and Follow-Up: *After the experiment, please complete this section.*

Discussion Points for Therapy Session:

1. **Observations:** The person I approached was friendly and receptive. They engaged in the conversation and seemed genuinely interested.
 2. **Impact on Thoughts:** Initiating the conversation challenged my belief that strangers would find me socially awkward. The positive interaction contradicted my initial expectations.
 3. **Emotional Responses:** Initially anxious, but as the conversation progressed, my anxiety decreased. I felt a sense of accomplishment afterward.
 4. **Behavioral Changes:** Engaging in this experiment increased my willingness to initiate conversations with strangers.
 5. **Insights Gained:** People are generally open to friendly interactions, and my fear of negative judgment was unfounded.
-

Therapist's Feedback: Deniz will provide feedback based on John's responses, offering insights and discussing the implications of the experiment.

Next Steps: Deniz and John will discuss the outcomes of the experiment, explore any lingering concerns, and determine potential next steps for further growth.

Please bring this completed form to your next therapy session with Deniz Uyanik. If you have any questions or concerns, feel free to contact Deniz Uyanik at info@oceanotherapy or +306948152193