

CBT 4 AOD: LEARNING EXPERIENCE GUIDE

NAME:

DATE:

PLANNING			REVIEW	
1. SITUATION Brief Outline	2. EXPERIMENT What will you do?	3. PREDICTION What would usually happen? Rate belief (0 – 100)	4. EXPERIENCE What actually happened? Was the prediction correct?	5. WHAT WAS LEARNED

Step 1: Identify a situation where AOD related thoughts will be triggered. Step 2: Write the specific AOD related thoughts to be tested, including strength of ratings. Step 3: The actual experiment that will test the AOD related thoughts. Complete Steps 4 and 5 after experiment. Step 4: Describe the results of the experiment. Step 5: The take home messages and learnings.