

FORM 9.9: Behavioral Experiment for Beliefs about Voices

(Modified with permission from Morrison et al., 2008)

Belief about voice to be tested: (For example, "The voices are all-powerful and will hurt me if I don't do what they say.")

Belief (0–100%):

Belief before experiment: 100 %

Belief after experiment: 80 %

Experiment to Test Belief	Likely Problems	Strategies to Deal with Problems	Expected Outcome	Actual Outcome	Alternative Belief
Refuse to carry out command of voices to hurt myself by stabbing myself in the arm with pen.	Inconclusive: Gently poking self with pen (doing appeasement behaviors).	Try with and without poking myself with a pen (doing it without the appeasement behavior).	The voices will hurt me.	The voices did not hurt me.	If I disobey the voices, they don't (always) hurt me. Maybe I am giving them too much power.