

Ratings for Safety Behaviors Experiment Worksheets

Ratings for safety behaviors experiment:

Rating (use 0-10 scale)		With safety behaviors and self-focused attention	Without safety behaviors and with outwardly focused attention
	Predicted	Actual	Actual
How self-focused were you during the experiment? (0 = completely outwardly focused; 10 = completely self-focused.)			
How anxious do you expect to feel/did you feel?			
How anxious do you expect to appear/think you appeared?			
How do you think your overall performance will be/went?			
Other –			
Other –			

- The "Other" boxes should be filled in with individualized feared outcomes. Please do not leave blank.

What did you learn from the exercise?

Confederate Ratings

Ratings can be collected from the confederate at the therapist's discretion.

Some predictions will be best evaluated via the feedback of the confederate(s) who participated in the experiment with the patient. Confederates can be asked about the same dimensions as the patient examined during the actual experiment (e.g., feel anxious, look anxious, overall performance, other specific predictions), as well as any other predictions patients make that are based on what the confederate thinks of them.

A few tips to consider:

- It is a good idea to include some predictions that pertain to long-term consequences (e.g., "How likely is it that this person will want to chat with you again, be your friend, etc.)
- The confederate can also be asked to report on his/her own anxiety (or other symptoms, like blushing) during the exposure. The patient should be asked to rate the confederate on these dimensions as well.

Rating (use 0-10 scale)	Experiment # 1 (with safety behaviors and self-focused attention)	Experiment #2 (without safety behaviors and with outwardly focused attention)
How anxious do you think that _____ felt?		
How anxious do you think that _____ appeared?		
How do you think _____'s overall performance was?		
How anxious were <i>you</i> during the exposure?		
Other –		
Other –		

For the patient: What did you learn from the confederate's feedback?