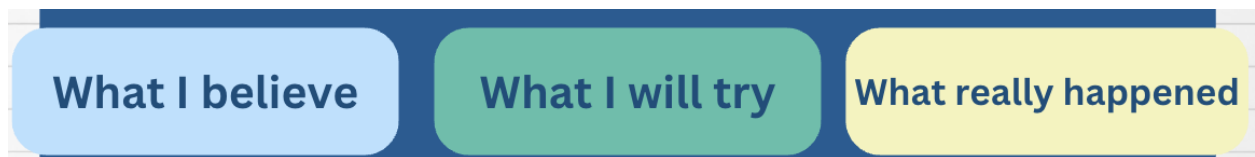


MINDBRIDGE

Behavioral Experiments: Acceptance

What is a Behavioral Experiment?

- A behavioral experiment is when you test out a worry or belief by changing what you do—and then see what really happens.
- It challenges a limiting belief by testing it in real life.
 - If you believe something like, “If I set a boundary, people will think I’m selfish,” you can test it by setting a small boundary and observing the actual outcome.
 - Often, we find that our fear-based assumptions don’t hold up—and we gain more confidence with each step.



What is ACT (Acceptance and Commitment Therapy)?

- In ACT (Acceptance and Commitment Therapy), we learn to do things that matter to us—even when they feel uncomfortable. Instead of avoiding fear, we face it in small, brave steps while focusing on what's important.
- Common steps in ACT:
 - Pick something that makes you nervous
 - Ask: “Why is this important to me?”
 - Take a small step (even just 1 minute!)
 - Use a timer and/or a reflection sheet to help
 - Celebrate trying—not just success!

