

The “SMART Behavioral Experiment” Worksheet

Use this worksheet to improve your skills for developing behavioral experiments with patients. If the patient’s history included painful punishing experiences (e.g., critical or depressed parent, multiple traumas), you may want to spend a little more time explaining the value of experimenting and the usefulness of trying something new.

A SMART Behavioral Experiment is engaging and SMART.

A. *Is the experiment engaging?*

1. What does “experimenting” mean to the patient?
2. Can the patient imagine doing this experiment?
3. Is there any part of this that the patient may need to practice with the clinician before the end of the visit?
4. What might get in the way of the patient *doing* the experiment?
5. Is the patient confident about *doing* the experiment? 1 is not at all confident and 10 is very confident

If not a 7 or higher in confidence ask, “How shall we change the plan to bring up your confidence?”

B. *Is the experiment engaging?*

- Specific
- Measurable
- Attainable
- Relevant to patient’s values
- Timely