

**Reflection Exercise: Explaining Safety Behaviours & Why We Drop Them**

The following questions refer to the “Explaining Safety Behaviours & Why We Drop Them” CCI Clinical Demonstration video, which can be viewed at: <https://www.youtube.com/c/CentreforClinicalInterventions>

The questions on the first page have been designed for early career clinicians/students. More experienced clinicians may wish to look at the questions on the second page.

**For early career clinicians/students**

1. Describe the reasons why safety behaviours are a problem (4 were presented in the video).

2. Using hypothetical examples or clients you may have worked with, provide three examples of safety behaviours and the feared predictions that each behaviour may be trying to prevent.

Safety Behaviour	Feared Prediction(s)

3. Pick an example of a safety behaviour you generated in Q2 above and design an experiment that a client could set up to test the impact of dropping the safety behaviour.  
 (If you have watched the “Developing a Behavioural Experiment” video, you can also specify what evidence the client would need to observe to be able to test their specific predictions.)

