

Behavioural Experiment Worksheet

Step 1 - Belief or Rule to be tested

Right now, the strength of this belief is _____ %

An alternative might be _____

Step 2 - Planning

The experiment we've agreed:

What do you predict will happen?

How sure are you that this will happen? _____ %

Safety Behaviours I need to drop during this experiment

The evidence I will use to judge which belief is more likely to be true

Step 3 - Experiment

Now carry out the experiment and note what happened / what didn't happen

Step 4 - Debrief

Re-rate beliefs in Step 1. Right now the strength of my belief is _____ %

What happened? Did it fit with your prediction?

Re-rate your belief in the original prediction _____ %

What can I conclude from this experiment?

Do I need to do any further experiment in the light of this one?