

Behavioural Experiment

Prediction

What is your prediction?
What do you expect will happen?
How would you know if it came true?

Rate how strongly you believe
this will happen (0-100%)

Experiment

What experiment could test this prediction? (where & when)
What safety behaviours will need to be dropped?
How would you know your prediction had come true?

Outcome

What happened?
Was your prediction accurate?

Learning

What did you learn?
How likely is it that your predictions will happen in the future?

Rate how strongly you agree
with your original prediction
now (0-100%)

Behavioural Experiment

Prediction

What is your prediction?
What do you expect will happen?
How would you know if it came true?

If I speak in public I will shake so much that people will notice and laugh at me

Rate how strongly you believe this will happen (0-100%)

90%

Experiment

What experiment could test this prediction? (where & when)
What safety behaviours will need to be dropped?
How would you know your prediction had come true?

Speak up at the next meeting on Monday - I could present some of the data that I have been meaning to show.

*Would need to gesture with my hands, and not hold on to the table
I could ask my friends if they noticed me shaking when I talk*

Outcome

What happened?
Was your prediction accurate?

*I was really nervous and was very aware of my hands
My friends said I spoke well and that they could not see me shake*

Learning

What did you learn?
How likely is it that your predictions will happen in the future?

Although I feel nervous when speaking it's not as obvious to other people

Rate how strongly you agree with your original prediction now (0-100%)

50%

Behavioural Experiment

<p>What is your prediction? What do you expect will happen?</p>	<p>Rate how strongly you believe this will happen (0-100%)</p>
<p>Is there an alternative prediction, maybe one that you don't believe in as strongly?</p>	<p>Rate how strongly you believe in the alternative (0-100%)</p>
<p>What experiment could put this prediction or belief to the test? What would you do? Where would it take place? When should it happen? How would you know your prediction had come true?</p>	
<p>What safety behaviours would need to be dropped?</p>	
<p>What problems are likely? How could they be overcome?</p>	
<p>Outcome: What happened? What did you observe?</p>	
<p>What have you learned? How does this affect the original prediction or belief?</p>	<p>Rate how strongly you agree with the original prediction or belief now (0-100%)</p>

Behavioural Experiment

What is your prediction?

What do you expect will happen?

If I speak in public I will shake so much that people will notice and laugh at me

Rate how strongly you believe this will happen (0-100%)

90%

Is there an alternative prediction, maybe one that you don't believe in as strongly?

I will feel nervous and feel like I am shaking but people won't notice

Rate how strongly you believe in the alternative (0-100%)

0%

What experiment could put this prediction or belief to the test?

What would you do? Where would it take place? When should it happen?

How would you know your prediction had come true?

Speak up at the next meeting on Monday - I could present some of the data that I have been meaning to show.

I could ask my friends if they noticed me shaking when I talk

What safety behaviours would need to be dropped?

Staying quiet

Holding on to the table

What problems are likely? How could they be overcome?

Might not get a chance to speak unless I put it on the agenda

Outcome: What happened? What did you observe?

I was really nervous and was very aware of my hands

My friends said I spoke well and that they could not see me shake

What have you learned? How does this affect the original prediction or belief?

*Although I feel nervous when speaking it's not as obvious to other people
Belief they will laugh*

Rate how strongly you agree with the original prediction or belief now (0-100%)

50%