Behavioural experiment planner

Plan a real-life test of a prediction, and record what happened.

Name _____ Date _____

Before

The belief or prediction I am testing. What exactly do I think will happen?

How strongly do I believe it?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

The experiment. What will I do, where and when?

What might get in the way, and how will I handle it? (Include any safety behaviours I will drop.)

After

What actually happened? Stick to what I saw and heard.

How does that compare with my prediction?

What have I learned? What does this say about the original belief?

How strongly do I believe the original prediction now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

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