Social experiments

Ideas for testing your fears, from small to bold.

Name _____ Date _____

The aim of a social experiment is to find out what really happens, not to perform well. Choose things that test your own particular fear.

Ideas

- [ ] Say hello to a neighbour
- [ ] Ask a shop assistant a question
- [ ] Make a phone call instead of texting
- [ ] Give an opinion in a group
- [ ] Ask a question in a meeting
- [ ] Eat or drink in front of others
- [ ] Start a chat with someone I do not know
- [ ] Disagree politely with someone
- [ ] Leave a pause without filling it
- [ ] Say "I do not know"
- [ ] Let my hand shake without hiding it
- [ ] Stumble over a word on purpose

The experiment	What I predict	What happened	What I learned

Do each one without your usual safety behaviours, and keep your attention on the other person and the surroundings.

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