

### 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 \_\_\_\_\_