

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