Behavioral Experiment Worksheet

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 behaviors 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%)