

Behavioural Experiment

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 behaviours 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%)

Behavioural Experiment

Prediction

What is your prediction?

What do you expect will happen?

How would you know if it came true?

If I speak in public I will shake so much that people will notice and laugh at me

Rate how strongly you believe this will happen (0-100%)

90%

Experiment

What experiment could test this prediction? (where & when)

What safety behaviours will need to be dropped?

How would you know your prediction had come true?

Speak up at the next meeting on Monday - I could present some of the data that I have been meaning to show.

Would need to gesture with my hands, and not hold on to the table

I could ask my friends if they noticed me shaking when I talk

Outcome

What happened?

Was your prediction accurate?

I was really nervous and was very aware of my hands

My friends said I spoke well and that they could not see me shake

Learning

What did you learn?

How likely is it that your predictions will happen in the future?

Although I feel nervous when speaking it's not as obvious to other people

Rate how strongly you agree with your original prediction now (0-100%)

50%