

Behavioural Experiment

What is the belief to be tested?

Rate the strength of belief (0-100%)

Is there an alternative belief, maybe one that you don't believe in as strongly?

Rate the strength of belief (0-100%)

What experiment could put this belief to the test?

What would you do?

Where would it take place?

When should it happen?

What safety behaviours would need to be dropped?

What problems are likely? How could they be overcome?

Outcome: What happened? What did you observe?

What have you learned? How does this affect the original beliefs?

Behavioural Experiment

What is the belief to be tested?

Rate the strength of belief (0-100%)

If I speak in public I will shake so much that people will notice and laugh at me - 90%

Is there an alternative belief, maybe one that you don't believe in as strongly?

Rate the strength of belief (0-100%)

I will feel nervous and feel like I am shaking but it is not noticeable 0%

What experiment could put this belief to the test?

What would you do?

Where would it take place?

When should it happen?

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

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

What safety behaviours would need to be dropped?

Staying quiet, holding on to the table

What problems are likely? How could they be overcome?

Might not get a chance to speak unless I put it on the agenda

Outcome: What happened? What did you observe?

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

What have you learned? How does this affect the original beliefs?

*Although I feel nervous when speaking it's not as obvious to other people
Belief they will laugh - 50%*