**Worksheet 12.4** Behavioural experiments review

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| --- | --- |
| **thought to be put into action** | |
| The thought I want to put into action is: | I believe this thought (0–100%) [ %] |
|  |  |
| **My original prediction** | |
| I predicted the following would happen: | I believe this thought (0–100%) [ %] |
|  |  |
| **What happened?** | |
|  | |
| **My learning** | |
| From this behavioural experiment I have learned: | |
|  |  |
| **revising my original thought** | |
| I would now change my original thought to: | |
|  | |
| I believe this new thought (0–100%) [ %] | I believe my original thought [ %] |
| **Changing behaviour** | |
| Based on my new thought I’m going to do the following differently: | |
|  | |
| **next steps** | |
| Other behavioural experiments I may want to try: | |
|  |  |