**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: |
|  |  |