

Behavioral Experiment Plan

Date: _____

Prediction (If...then format):

Confidence in Prediction (0-100%):

Behavior (the experiment):

Disconfirmation Criteria (what would disprove the belief?):

Safety Behaviours (to reduce or drop):

Raw Observations (facts from the test):

Was the Prediction Met? (Predicted vs. Actual):

Re-rate Belief in Prediction (0-100%) & Emotion Shift:

Belief After: _____ **Emotion Before:** _____ **Emotion After:** _____

Next Step (tweak or escalate):
