## Behavioral 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 behaviors 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%)
Behavioral 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 behaviors 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%