



Human
Practice

Record of Behavioural Experiments

ADDRESS

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Situation

Predictions

What do you fear will happen? How likely do you think it is and how you will know if it has happened?

How do you predict you will cope with this?

Experiment

What can you do to test the prediction?

Focussing on what actually happens rather than your feelings & letting go of safety behaviours

Outcome

Where was your attention focused?

What happened?
Was the prediction correct?

Any learning?

Is there a more balanced view?

How likely is it that your predictions will happen in the future?
(0-100%)
