

Behavioural Experiment Record

Prediction or Theory <i>What thought or belief am I testing? Strength of conviction 0-100%</i>	Experiment <i>What I will do – Where, when, how, with whom?</i>	Results <i>What happened? Thoughts, emotions, physical sensations, other behaviour.</i>	Conclusions/Comments <i>What have I learnt about my prediction/theory in light of the results? Rerate strength of conviction 0-100%</i>