

# Behavioural experiment review sheet

## Reviewing your behavioural experiment worksheet B



### What happened in the experiment?

How does this fit with my original prediction?

How much do you still believe your original thought? (0-100%)



### My learning

What have I learned from doing it?

Re-rate your original emotion after completing the experiment (0-10 scale)



### Doing things differently

What will I do differently now as a result of my learning?



### Looking forward

Is there another experiment it would be helpful for me to do to further improve how I feel?