

Behavioural Experiment Record Sheet

Name:

Date:

1. What belief are you testing?

How much do believe that? (0-100?)

2. What might an alternative belief be, one that is more positive or more helpful.

If you can think of one, write it down and rate how much you believe that now (0-100)

Alternative belief:

How much I believe that (0-100)

3. What is your experiment? What exactly will you do?

Where and when?

What will you watch out for?

What might cause a problem?

How will you deal with them?

4. Conducting the experiment.

What happened? What did you observe?

5. What have you learnt?

How does what happened relate to the belief to be tested and the alternative?

How much do you believe them both now (0-100)?

Original: (0-100) Alternative (0-100)

If you didn't have an alternative before, can you identify one now? How much do you believe that?

Anything else you have learnt?

6. What next? What further experiments can you do?

Behavioural Experiment Record Sheet
Worked Example (Mia's Public Speaking Anxiety)

Name: Mia

1. What belief are you testing?

When I give a presentation it is obvious I am very nervous and everybody thinks I am a terrible presenter

How much do believe that? (0-100?)

90%

2. What might an alternative belief be, one that is more positive or more helpful.

If you can think of one, write it down and rate how much you believe that now (0-100)

Alternative belief:

Although I am very nervous it may be that not everyone notices this and maybe some people think I am an OK presenter

How much I believe that (0-100)

10%

3. What is your experiment? What exactly will you do?

Volunteer for the next in-house presentation and to ask colleagues for feedback. Ask

- 1. How nervous do I look when presenting?
- 2. How good am I at presenting?

on a scale 0-10

Need to design form. Give out to people, say its important they give me honest feedback

4. Conducting the experiment.

What happened? What did you observe?

The audience said

How nervous do I look when presenting? 4/10

How good am I at presenting? 7/10

5. What have you learnt?

Not everyone has noticed my nerves and most people think I am OK presenter, perhaps better than OK. Re-rating beliefs:

- *When I give a presentation it is obvious I am very nervous and everybody thinks I am a terrible presenter ” (90%) 30%*
- *Although I am very nervous it may be that not everyone notices this and maybe some people think I am an OK presenter” (10%) 70%*

One person said that I did appear nervous but still thought it was a good presentation. It was news to me that you could be nervous and still be thought of as a good presenter!

6. What next? What further experiments can you do?

I feel will be a lot more confident next time she presents and one more experiment could help her even more.

I will do do a presentation including people outside her company. For that, I will design a modified feedback form , asking them to rate the presentation out of 10 and asking for specifics about what they liked and also how it could be improved. Having been given the vote of confidence from her colleagues I feel ready for this next step.

one person said that Mia did appear nervous but still thought it was a good presentation. It was news to Mia that you could be nervous and still be thought of as a good presenter!