Testing what gets in the way

An Everyday Insight tool
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Session 3 of 4 in a skills group from Everyday Insight. A behavioral experiment, adapted from the Behavioral Experiment record.

NAME

DATE

1 Last week's activities

What you did, what you didn't, and what you noticed either way.

WHAT HAPPENED

IF ONE DIDN'T HAPPEN, WHAT DID I THINK WOULD HAPPEN IF I DID IT?

2 The prediction

Write one prediction connected to your value, as "If I…, then…". Then rate how much you believe it.

IF I

THEN

HOW MUCH I BELIEVE IT, 0 TO 100 _____

ANOTHER WAY IT COULD GO, IF PART OF ME SUSPECTS ONE

3 The test

Plan a small way to find out. The best test is the one you're willing to try now, not the scariest one.

WHAT I'LL DO, WHERE, AND WHEN

WHAT I'D EXPECT TO SEE IF THE PREDICTION CAME TRUE

WHAT I USUALLY DO TO STAY SAFE, WHICH I'LL LEAVE OUT THIS TIME

IF THIS GETS IN THE WAY

THEN I WILL

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4 After the test

Fill this in as soon as you can after the experiment, and bring it to the next session.

WHAT ACTUALLY HAPPENED, THE WAY A CAMERA WOULD HAVE SEEN IT

Did the prediction come true? ☐ No ☐ Partly ☐ Yes

HOW MUCH I BELIEVE THE PREDICTION NOW, 0 TO 100 _____

WHAT IT TELLS ME

A LINE TO KEEP, TO REREAD THE NEXT TIME THIS WORRY SHOWS UP

5 The next step

One test rarely settles a prediction. Plan a next one that goes a little further, or tries the same thing somewhere new.

WHAT I'LL TRY NEXT

WHERE AND WHEN

WHAT I'D EXPECT TO SEE

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