

Behavioural Experiment

<p>Target cognition</p> <p>What belief or assumption do you want to test? How much do you believe it now? (0-100%)</p>	<p>Experiment</p> <p>What could you do to test this belief or prediction?</p>	<p>Outcome & learning</p> <p>What happened? What did you learn? How much do you believe it now? (0-100%)</p>	<p>What next?</p> <p>How can you build on what you have just learned?</p>
<p>• What is your prediction?</p> <p>• Rate how much you believe the target cognition now (0-100%).</p> <p>• What do you normally do to prevent the prediction from coming true? (your safety behaviours).</p>	<p>• How, where, and when will you test it?</p> <p>• Which safety behaviours will you need to drop to make it a fair test?</p> <p>• What data will you need to record?</p>	<p>• Re-rate how much you believe the target cognition now (0-100%)</p>	<p>• What other experiments could you do?</p> <p>• Is once enough? Or do you need to try this experiment again?</p>