

Behavioral Experiment Planner

Use a small, safe real-world test to gather evidence about a prediction. The goal is not to prove yourself right or wrong - it is to learn.

Predict -> Test -> Observe -> Update

COMPLETED EXAMPLE

Belief or prediction

Make it specific enough to test. Example: "If I ask one question in the meeting, people will think I am incompetent."
If I speak in the team meeting without rehearsing every sentence, I will ramble and people will think I am unprepared.

How strongly do I believe it?

0-100% before the experiment.
80/100 before the experiment.

What would count as evidence?

What observable result would support or weaken the prediction?
Whether I can make the point clearly enough, whether people understand it, and whether anyone reacts as if I am unprepared.

Small, safe experiment

What will you actually do? Keep the test proportionate and avoid unnecessary risk.
Prepare three bullet points, not a script. Speak once during Thursday's team meeting and allow myself to pause if I need to think.

Safety behaviours to reduce

What do you usually do to prevent the feared outcome or feel certain?
Reduce only what is safe and appropriate.
Do not rehearse the exact wording repeatedly, apologize before speaking, or scan everyone's face for signs of judgment.

What I will observe

What facts will you collect instead of relying only on how anxious you feel?
Whether my point is understood, what people actually say or do, and how long the discomfort lasts.

What happened?

Describe the result without grading yourself.
I spoke for about 35 seconds, paused once, and finished my point. My manager nodded and a colleague built on the idea. Nobody commented on the pause.

What did I learn?

What was expected, unexpected, or still uncertain?
I do not need a perfect script to contribute. A pause felt noticeable to me but did not stop the conversation.

Belief now

Re-rate 0-100%. What would be a fair updated belief?
45/100. I still prefer preparing, but the original prediction feels less convincing.