

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

Belief or prediction

Make it specific enough to test. Example: "If I ask one question in the meeting, people will think I am incompetent."

How strongly do I believe it?

0-100% before the experiment.

What would count as evidence?

What observable result would support or weaken the prediction?

Small, safe experiment

What will you actually do? Keep the test proportionate and avoid unnecessary risk.

Safety behaviours to reduce

What do you usually do to prevent the feared outcome or feel certain?
Reduce only what is safe and appropriate.

What I will observe

What facts will you collect instead of relying only on how anxious you feel?

What happened?

Describe the result without grading yourself.

What did I learn?

What was expected, unexpected, or still uncertain?

Belief now

Re-rate 0-100%. What would be a fair updated belief?
