

WORKSHEET 12.9. Behavioural Experiments to Strengthen New Underlying Assumptions

Write down the Underlying Assumption(s) you want to strengthen:

List two or three new behaviours that fit with your New Underlying Assumption. These might be behaviours you would do if you had confidence in your New Underlying Assumption. They might be behaviours that you feel reluctant to do and yet they would strengthen your New Underlying Assumption if you did them:

Make predictions about what will happen, based on your old and New Underlying Assumptions.

My old Underlying Assumption prediction:

My New Underlying Assumption prediction:

Results of my experiments (write down what you did, who you did it with, and what happened):

What I learned (do the results support my New Underlying Assumptions even partially?):

Future experiments I want to do (use other side if necessary):