## **Behavioural Experiment Record**

Prediction or Theory Experiment Results Conclusions/Comm			
What thought or belief am I testing? Strength of conviction 0-100%	What I will do – Where, when, how, with whom?	What happened? Thoughts, emotions, physical sensations, other behaviour.	What have I learnt about my prediction/theory in light of the results? Rerate strength of conviction 0-100%
			0-100%