

behavioural experiments record

when answering the "prediction" question (3rd column below) "what exactly did you fear would happen?", please describe any critical judgements that you fear others might make about you

date day & time	situation describe the situation	prediction 1.) what exactly did you fear would happen? rate belief 0-100% 2.) how would you know?	experiment what did you do to test the prediction?	outcome 1.) what exactly happened? 2.) was the prediction correct?	what I learned 1.) balanced view? rate belief 0-100 2.) how likely is it that what you feared will happen in the future? rate belief 0-100