**Behavioral Experiment Worksheet**

##### Setting Up the Experiment

Description of experiment:

Predictions/feared outcomes of experiment (and strength of belief, 0-100%):

How will you know if feared outcome has occurred and how will your predictions be evaluated? What data will you need to record?

Safety behaviors that need to be dropped:

What else might happen? (and strength of belief, 0-100%):

**USE SECOND & THIRD PAGES TO RECORD RATINGS DURING THE EXPERIMENT**

**Post-Processing**

What happened? Were the original predictions accurate?

What did you learn? How do you rate the original beliefs in light of the experiment (0-100%)?

**Plan**

Plans for subsequent experiment? How can you build on what you’ve just learned?

Ratings for experiments

How self-focused were you during the experiment? (0 = completely outwardly focused; 10 = completely self-focused.)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Rating (use 0-10 scale) | Predicted | Actual  (1st Time) | Actual  (2nd Time) | Actual  (3rd Time) |
| How anxious do you expect to feel/did you feel? |  |  |  |  |
| How self-conscious do you expect to feel/did you feel? |  |  |  |  |
| How anxious do you expect to appear/think you appeared? |  |  |  |  |
| How do you think your overall performance will be/went? |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |

Video Feedback

|  |  |  |
| --- | --- | --- |
| Rating (use 0-10 scale) | Predicted (What I expect to see) | Actual (What I really see when I watch as an objective observer) |
| How anxious do you think you appeared? |  |  |
| How do you think your overall performance was? |  |  |
| Other (if applicable) – |  |  |
| Other – |  |  |
| Other – |  |  |
| Other – |  |  |
| Other – |  |  |
| Other – |  |  |

Stooge/confederate ratings

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Rating (use 0-10 scale) | Stooge  Ratings  (1st) | Stooge  Ratings  (2ndt) | Stooge  Ratings  (3rd) | Stooge  Ratings  (4th) |
| How anxious do you think that \_\_\_\_\_\_\_\_\_ felt? |  |  |  |  |
| How self-conscious do you think that \_\_\_\_\_\_\_\_\_ felt? |  |  |  |  |
| How anxious do you think that \_\_\_\_\_\_\_\_\_ appeared? |  |  |  |  |
| How do you think \_\_\_\_\_\_\_\_\_\_\_’s overall performance was? |  |  |  |  |
| How anxious were *you* during the exposure? |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |
| Other – |  |  |  |  |