

BEHAVIORAL EXPERIMENT

Our brains are like the ultimate puppet masters, pulling the strings on how we feel and what we do. Even the wackiest thoughts can sneak in and mess with our vibe, sending us on a rollercoaster ride. Picture this: a nifty experiment to catch those sneaky thoughts red-handed and swap them out for some shiny new positive ones.

PART 1: EXPERIMENT PLAN

THOUGHT TO TEST

WHAT IS THE THOUGHT OR BELIEF YOU WOULD LIKE TO TEST?

EXPERIMENT

HOW CAN YOU TEST THIS THOUGHT?

WHEN WILL YOU
RUN THE
EXPERIMENT?

PREDICTION

WHAT DO YOU THINK WILL HAPPEN DURING THE EXPERIMENT?

HOW DO YOU EXPECT
TO FEEL AFTER THE
EXPERIMENT?



VERY
BAD

NEUTRAL

VERY
GOOD

PART 2: EXPERIMENT RESULTS

OUTCOME

WHAT HAPPENED DURING THE EXPERIMENT?

HOW DID YOU FEEL
AFTER THE
EXPERIMENT?



VERY
BAD

NEUTRAL

VERY
GOOD

NEW THOUGHT

GIVEN THE EVIDENCE FROM THE EXPERIMENT, WHAT IS YOUR NEW THOUGHT?