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| **Step** | **Details** |
| 📝 **1. Belief/Assumption to Test** |  |
| 🎯 **2. Operationalizing the Belief** |  |
| 📊 **3. Confidence in Belief (0-100%)** |  |
| 📌 **4. Experiment Plan 📍 When and where?** ➡️ What will you do? ⚖️ How will you make this a fair test? |  |
| **🔮 What do you predict will happen?** |  |
| 🧠 **5. Cognitive Biases and Safety Behaviours ❓** Are there any cognitive biases at play? 🛡️ What safety behaviours might interfere with testing? 🎯 How will you minimize safety behaviours for accurate results? |  |
| 📋 **6. Outcome (What actually happened?)** |  |
| 🔄 **7. Comparison with Prediction** |  |
| 📉 **8. Confidence in Belief After the Experiment (0-100%)** |  |
| 💡 **9. New Balanced Perspective** 💪What can I do now to strengthen this belief 💡 What is a more balanced or helpful way to think about the situation in the future? |  |

**** *📝 Behavioural Experiment Form***