



Predictions and what happens

An Everyday Insight tool
behavioralexperiment.com



For a 90-minute group session. A behavioral experiment, adapted from the Behavioral Experiment record.

NAME

DATE

A lot of what stops people isn't the thing itself. It's a prediction about it. "If I speak up, I'll go blank." "If I ask, they'll say no and think less of me." Predictions like these feel like facts, so people steer around them and never find out whether they're true.

A behavioral experiment treats the prediction as a guess to test. You write it down, rate how much you believe it, plan a small way to find out, and then compare what you expected with what actually happened. Some predictions turn out right, and some don't. Either way, you learn something you couldn't learn by avoiding it.

How it works

- 1 **Test a small prediction here.** Write what you expect, do something small in the room, and compare.
- 2 **Ask the group.** Test a belief about what other people think with an anonymous survey.
- 3 **Plan one for this week.** Choose a prediction from your own life and plan a small way to test it.
- 4 **Record what happened.** Afterward, write what actually happened and rate the prediction again.

Before you start

- Every experiment is your choice. Nobody has to try anything, here or at home.
- Start small. The best test is the one you're willing to try, not the scariest one.
- Nobody has to see your page. If you talk in the group, you can talk about what this was like without saying what you predicted.

An example

THE PREDICTION	If I ask a question in Tuesday's team meeting without preparing it, I'll stumble over my words and people will look at each other.
HOW MUCH I BELIEVE IT	80 out of 100
WHAT I'D USUALLY DO TO STAY SAFE	Write the question out word for word, or not ask at all.
WHAT ACTUALLY HAPPENED	I asked. I paused once. Two people answered, and nobody looked at anyone. The meeting moved on.
BELIEF NOW	35 out of 100. I can ask without a script, and a pause doesn't mean much to anyone but me.



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1 A test in the room

Pick something small you could do right here, like asking the group a question or saying one thing you noticed today. Before you do it, write what you expect to happen.

WHAT I'LL DO

WHAT I EXPECT TO HAPPEN

HOW SURE I AM, 0 TO 100 _____

WHAT ACTUALLY HAPPENED

Did the prediction come true? ☐ No ☐ Partly ☐ Yes

HOW SURE I AM NOW, 0 TO 100 _____

2 The group survey

Some predictions are about what other people think. Those can be tested by asking. Write a belief about what most people think, then the group answers anonymously with their own view.

WHAT I BELIEVE MOST PEOPLE THINK

HOW I EXPECT THE GROUP TO ANSWER, YES, NO, OR NOT SURE

HOW MANY SAID YES

HOW MANY SAID NO

HOW MANY WEREN'T SURE

WHAT THE ANSWERS TELL ME





3 One experiment for this week

Choose a prediction from your own life that gets in the way of something you want. Write it as “If I..., then...” and plan a small way to test it.

IF I

THEN

HOW MUCH I BELIEVE IT, 0 TO 100 _____

WHAT ELSE MIGHT HAPPEN, AND HOW MUCH I BELIEVE IT, 0 TO 100

WHAT I’LL DO, WHERE, AND WHEN

WHAT I’D EXPECT TO SEE IF THE PREDICTION CAME TRUE

WHAT I USUALLY DO TO STAY SAFE, WHICH I’LL LEAVE OUT THIS TIME

IF THIS GETS IN THE WAY

THEN I WILL





4 After the experiment

Fill this in as soon as you can afterward. Stick to what a camera would have seen.

WHAT ACTUALLY HAPPENED

Did the prediction come true? ☐ No ☐ Partly ☐ Yes

IF IT HAPPENED, HOW BAD WAS IT, AND FOR HOW LONG DID IT MATTER?

HOW MUCH I BELIEVE THE PREDICTION NOW, 0 TO 100 _____

WHAT IT TELLS ME

Keep going

The Behavioral Experiment has a free printable worksheet, a step ladder, and an online version at behavioralexperiment.com.
Nothing you enter leaves your device.

