



# Results and the ladder

An Everyday Insight tool  
behavioralexperiment.com



Session 3 of 4 in a Behavioral Experiment group. Results, and building a step ladder.

NAME

DATE

## 1 What happened

Copy the key points from the last page of your session 2 handout, or fill this in now if you didn't get to it. If the experiment didn't happen, write what got in the way.

WHAT ACTUALLY HAPPENED

---

---

---

HOW MUCH I BELIEVE THE PREDICTION NOW, 0 TO 100 \_\_\_\_\_

WHAT I LEARNED FROM THE EXPERIMENT

---

---

---

IF IT DIDN'T HAPPEN, WHAT GOT IN THE WAY

---

---

---





## 2 The step ladder

Write the goal at the top, the thing you'd do if the prediction weren't in the way. Then fill in smaller steps below it, each a little harder than the one before, and rate how much distress each would bring, from 0 to 100.

THE GOAL AT THE TOP

| RUNG | THE SITUATION, WHAT, WHERE, AND WITH WHOM | DISTRESS |
|------|-------------------------------------------|----------|
| 8    |                                           |          |
| 7    |                                           |          |
| 6    |                                           |          |
| 5    |                                           |          |
| 4    |                                           |          |
| 3    |                                           |          |
| 2    |                                           |          |
| 1    |                                           |          |

## 3 The first rung

Choose the lowest rung you're willing to try this week.

THE RUNG, AND WHEN I'LL DO IT

MY PREDICTION ABOUT IT

HOW MUCH I BELIEVE IT, 0 TO 100 \_\_\_\_\_

WHAT I'LL LEAVE OUT THIS TIME

