



The next rung

An Everyday Insight tool
behavioralexperiment.com



Session 4 of 4 in a Behavioral Experiment group. The next rung, and keeping going.

NAME

DATE

1 The rung I tried

What happened on the first rung.

WHAT ACTUALLY HAPPENED

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

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

DISTRESS I EXPECTED, 0 TO 100

DISTRESS I HAD, 0 TO 100

WHAT IT TELLS ME

2 The next rung

Choose the next step up, or the same rung again somewhere new.

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



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3 Looking back

Over the four sessions.

WHAT I'VE LEARNED ABOUT MY PREDICTIONS

A PREDICTION I BELIEVE LESS THAN I DID

WHAT I WANT TO TRY NEXT

WHEN A PREDICTION STOPS ME AGAIN, I WILL

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.

