

## WB 2.3d — Behavioural Experiment

Use with Chapter 3 (The Thought) in the manual, Chapter 3 in *Shoulder the Bill*. Test a thought through action, not argument.

**Purpose** Some thoughts will not shift by reasoning — they need evidence from the real world. A behavioural experiment turns a belief into a testable prediction and gathers what actually happens.

### How to use this page

**When:** Use for a thought you can put to a concrete test. Design the test while calm; run it as an experiment, not a dare.

**Done when:** You have written a prediction, run the test, and recorded what actually happened versus what you expected.

### Worked example

*Thought tested: 'If I ask for help, people will think I'm incompetent.'*

*Prediction: my colleague will judge me. Experiment: ask one clear question.*

*What happened: she helped without hesitation. Prediction: not accurate.*

**Anchor Phrase: 'A thought is information, not a command.'**

**Protocol:** 1. Thought. 2. Prediction. 3. Experiment. 4. Result. 5. What it taught.

**Loop stage:** Name → Ground → Narrow

**The thought I am testing:**

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**My prediction (what I expect will happen):**

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**The experiment (what I will actually do to test this):**

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**What actually happened:**

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Was the prediction accurate? ☐ Yes ☐ Partially ☐ No

**What this taught me about the thought:**

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☐ Self-Reward Loop completed