

STEP 1 — The Prediction

// Before anything happens. Take a screenshot of the story your brain is already telling.

The avoided action (be specific — "email my boss", not "deal with work stuff"):

What does your brain predict will happen? Write it all out:

Fear Level — circle one:

1 2 3 4 5 6 7 8 9 10

1 = barely noticeable

10 = overwhelming

What would it mean about you if that prediction came true?

Optional Neural Amplifier — Visualisation:

Before you act, spend 60 seconds imagining the experiment going reasonably well. Not perfectly — just survivably. This helps prime your nervous system for action rather than threat.

STEP 2 — The Experiment

// Do the thing. Shaky is fine. Messy is fine. Action is the only currency your brain accepts as evidence.

"My body can feel fear, and I can still move forward."

Check this when you've read it and you're ready to go.

Any notes before you go in (optional):

// STEP 3 — The Results

While it's still fresh — before your brain starts editing the memory.

What actually happened? Describe it like a scientist. Facts only, no interpretation:

How accurate was the prediction?

Accurate Exaggerated Completely wrong

Fear level now:

1 2 3 4 5 6 7 8 9 10

The catastrophic part your brain promised — how much of it actually showed up?

Re-script: "I predicted _____, but _____ happened. This means _____."

Optional Neural Amplifier — Self-Affirmation:

Whatever happened, say this out loud if you can: "I showed up. I did the thing. I can handle more than I thought." This builds self-efficacy, your brain's working belief that your actions actually matter.

Optional Neural Amplifier — Self-Compassion:

If shame or disappointment shows up (it will, occasionally): "It's okay to feel this way. Progress isn't about perfection — it's about participation." This supports prefrontal regulation and makes it more likely the learning sticks.

// STEP 4 (Optional) — Memory Tag

Sleep consolidates emotional learning. Do this before bed for extra impact.



"This moment matters — this is what growth feels like."

Close your eyes. One slow breath. Tag it. Then jot your notes below before bed.

Closing notes — what do you want to remember about today's experiment?

The mechanism: when reality contradicts your brain's prediction, a reward prediction error fires — forcing the threat model to update. (Schultz, Dialogues in Clinical Neuroscience, 2016)