

# Exposure Experiments

Choose an exposure experiment you want to test. It might be helpful to start with the items ranked lower on your exposure hierarchy and work your way up. Make a prediction about what will happen, how you will test this, and then describe what actually happened after the experiment. Did your prediction come true? What is something you have learned from this experiment?

Complete before the exposure experiment			Complete after the exposure experiment	
My exposure experiment	What do you predict will happen?	How will you test your prediction?	What actually happened?	What have I learned?
Ask a question in a meeting	I will stumble over my words, my boss will think it's a silly question to ask, co-workers will judge me for asking a question. Predicted distress: 85/100	At the next meeting on Wednesday. I will raise my hand at the start of the meeting.	I was nervous but my boss answered my question and thanked me for speaking up. Actual distress: 50/100	I feel slightly less afraid of asking questions and there was no evidence that I was being negatively judged.
	Predicted distress:		Actual distress:	
	Predicted distress:		Actual distress:	
	Predicted distress:		Actual distress:	
	Predicted distress:		Actual distress:	

Example