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| Doing Things Less than Perfectly: Maggie’s Example | |
| What is my rule? | I must look on point and attractive  all the time |
| What is my prediction if I break this rule? | If I am not dressed to impress people will critique and judge me for it |
| How much do I believe in this prediction? | 95% |
| How can I test this prediction?  (Experiment to test whether the prediction comes true) | I will meet my friends at a café without doing my hair or make-up |
| Results of my experiment | Nobody commented that I looked bad. I felt self-conscious at the start but soon forgot about my appearance |
| Reflection on my experiment  (Do I discount the results of this experiment? Do I need to test it again?) | I learned that I do not need to have a perfect appearance to have a good time and my friends are more interested in my company than how I look |
| New guideline to replace my old rule | I will dress to impress if it makes me happy, but I do not need a perfect appearance every day |
| Doing Things Less than Perfectly: My Behaviour Experiment | |
| What is my rule? |  |
| What is my prediction if I break this rule? |  |
| How much do I believe in this prediction? |  |
| How can I test this prediction?  (Experiment to test whether the prediction comes true) |  |
| Results of my experiment |  |
| Reflection on my experiment  (Do I discount the results of this experiment? Do I need to test it again?) |  |
| New guideline to replace my old rule |  |