

Conduct an Experiment

1 Identify objectives for the experiment.

2 Define options to try.

3 Consider each option and how risky/difficult it will be for you.

4 Decide which option you are going to try. Set it up and consider:

- WHAT | WHERE | WHEN | WITH WHO | SUPPORT NEEDED

5 Carry out the experiment and try to share more of yourself.

6 Observe the results, and note any unintended consequences.

- 7 Analyse your results:
- Did what you try, achieve the objectives you wanted?
 - What is the impact of what you *did* achieve &/or the impact of unintended consequences?
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8 Decide if you need to conduct another experiment and what this might be to achieve your objectives.
