

1. First design test cases from simplistic to increasingly difficult with the goal that each test case fails first, then right just enough code to make that test case pass. Refactor as you go.
2. I agree it benefits software development. TDD increases the confidence because the tests are written first not just as an afterthought from looking at your existing code. Therefore your code is guaranteed to be tested thoroughly.
3. Advantages: Test every case, does not overlook anything. Very much a step by step technique, good if you need ideas on generating the correct algorithm.
Disadvantages: Sometimes feels trivial when you already have an idea of final solution. Can make simple tasks seem more difficult.