

Target Sequence Planning: Negative Cognition

CLIENT:

DATE:

PRESENTING PROBLEM

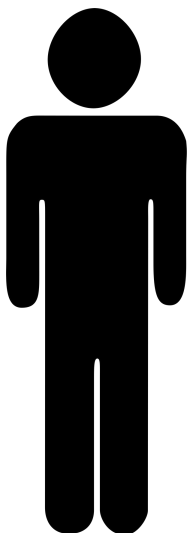
ASSOCIATED EMOTIONS



- Fear
- Terror
- Apprehension
- ?
- Anger
- Rage
- Annoyance
- ?
- Sadness
- Grief
- Pensiveness
- ?
- Disgust
- Loathing
- Boredom
- ?

ASSOCIATED SENSATIONS

Next, we will scan your body, top down, for any sensations associated with this issue. When you bring this issue to mind, do you notice any sensations in your...



- Face/jaw:
- Neck:
- Shoulders:
- Back:
- Chest:
- Arms:
- Hands:
- Abdomen:
- Hips:
- Buttocks:
- Legs:
- Feet:

PAST EXPERIENCES

Have there been times in the past when you have felt this way or experienced similar issues/concerns? Times when you've experienced these emotions, sensations, and/or similar events? **Yes** **No**

PAST EXPERIENCES (CONTINUED)

(If no, proceed to Positive Cognition; if yes, continue...)

Can you give a couple of examples of when you have felt this way before?

NEGATIVE COGNITION IDENTIFICATION

Is there a theme you can identify with these events, sensations, and/or emotions? What do they seem to have in common? We call this the "negative cognition," and it's usually an "I statement," where the person comes to believe that the issue(s) reflect something negative about themselves...

Examples:

- I am worthless.
- I am unworthy.
- I am not good enough.
- I am destructive.
- I do bad things.
- I am out of control.
- I have to be in control.
- I am bad.
- I can't trust myself
- I can't be trusted.
- I can't protect myself.
- I am helpless.
- I don't deserve to live.

Negative Cognition:



SUMMARY OF NEGATIVE COGNITION

Presenting Problem:

Negative Cognition:

What is the "temperature" (SUDS 1-100) associated with this?

Associated Emotions:

Associated Sensations:

TIMELINE OF EVENTS CONSISTENT WITH NEGATIVE COGNITION

Now, I'm going to ask you more about times in the past when you've experienced this negative cognition, and perhaps times when you experienced similar sensations and emotions. I'll begin by asking for the earliest memory, called the "touchstone memory," where you experienced this thought. I'll also ask you about times in the future when you believe you might experience this again...

Future

Present

Past

"Touchstone"