

Target Sequence Planning: Positive Cognition

CLIENT:

DATE:

POSITIVE COGNITION IDENTIFICATION

What would you like to think, instead of the [Negative Cognition]?

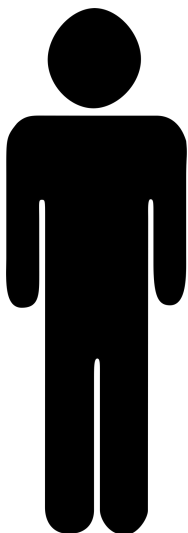
ASSOCIATED EMOTIONS



- Joy
- Happiness
- Contentment
- Peace
- Hope
- Anticipation
- Optimism
- Pride
- ?
- ?
- ?
- ?

ASSOCIATED SENSATIONS

Next, we will scan your body, top down, for any sensations associated with this Positive Cognition... If you were to believe that thought, how would it feel 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 thoughts, emotions, or sensations?

(If no, end here; if yes, proceed to the next page.)

Yes

No

TIMELINE OF EVENTS CONSISTENT WITH POSITIVE COGNITION

Now, I'm going to ask you more about times in the past when you've experienced this positive cognition, and perhaps times when you experienced similar sensations and emotions.

Future

Present

Past

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