

(Zangwill)      **PRESENT (WITH FLOAT BACK)**      (2005)

**CLIENT** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PRESENTING ISSUE OR MEMORY:** "WHAT ISSUE OR MEMORY WOULD YOU LIKE TO WORK ON TODAY?"

**PICTURE:** "WHAT PICTURE REPRESENTS THE WORST PART OF THAT INCIDENT TO YOU NOW?"

**NEGATIVE COGNITION (NC):** "WHAT WORDS GO BEST WITH THAT PICTURE OF \_\_\_\_\_ THAT EXPRESS YOUR NEGATIVE BELIEF ABOUT YOURSELF NOW?"

**POSITIVE COGNITION (PC):** "WHEN YOU BRING UP THAT PICTURE OF \_\_\_\_\_, WHAT WOULD YOU LIKE TO BELIEVE ABOUT YOURSELF NOW?"

**VALIDITY of COGNITION (VoC):** "AS YOU BRING UP THAT PICTURE OF \_\_\_\_\_, HOW TRUE DOES THAT STATEMENT (Pos. cog. written above) **FEEL** TO YOU **NOW** ON A SCALE OF 0 to 10, WHERE **0 FEELS** COMPLETELY FALSE AND **10 FEELS** COMPLETELY TRUE?"

0      1      2      3      4      5      6      7      8      9      10  
(Feels Completely False)      (Feels Completely True)

**EMOTIONS/FEELINGS:** WHEN YOU BRING UP THAT PICTURE OF \_\_\_\_\_, AND THOSE WORDS \_\_\_\_\_ (Repeat the NEG. COG.) WHAT EMOTION(S) DO YOU **FEEL NOW?**

**LOCATION OF BODY SENSATION(S):** "WHERE DO YOU FEEL IT IN YOUR BODY?"

**SUBJECTIVE UNITS OF DISTURBANCE (SUDS):** "ON A SCALE OF 0 - 10, WHERE 0 IS NO DISTURBANCE OR NEUTRAL AND 10 IS THE HIGHEST DISTURBANCE YOU CAN IMAGINE, HOW DISTURBING DOES THE INCIDENT/MEMORY **FEEL** TO YOU **NOW?**"

0      1      2      3      4      5      6      7      8      9      10  
(No disturbance/Neutral)      (Highest Disturbance)

{NOTE: IF ABOVE IS AN OLD MEMORY, PROCESS. IF CURRENT OR FUTURE ISSUE OR PROBLEM, **TURN PAGE OVER AND COMPLETE OTHER SIDE.**}

