(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?" 1 3 7 (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?" 4 5 6 0 1 3 7 (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.]

(Zangwill)	FLOAT BA	CK TECH	NIQUE		(2005)
"NOW, PLEASE BR THOSE NEGATIVE NOTICE WHAT FE WHERE YOU ARE LET YOUR MIN PERHAPS WHEN FOR ANYTHING THE FIRST SCEN THOUGHTS OF	E WORDSELINGS ARE CONFECTING THEM INTO THE PROPERTY OF T	, (REPEA MING UP FOR N YOUR BOD CK TO AN I CHILD OR YOUR MINI ES TO MIND (REPEAT	T NEG. CO. YOU, Y, AND EARLIEF ADOLES D FLOAT WHERE NEG. (OG.) R TIME IN SCENT - DO F BACK A E YOU HAD COG.), F	YOUR LIFE- DN'T SEARCH ND TELL ME SIMILAR: EELINGS OF
FLOATBACK ME	MORY:				
PICTURE: "WHAT YOU NOW?"	PICTURE REPRE	SENTS THE V	VORST PA	ART OF THA	T INCIDENT TO
NEGATIVE COGN THAT EXI	NITION (NC): "WI PRESS YOUR NEG				
POSITIVE COGNI WHAT WOULD YO					JRE OF,
VALIDITY of CO , HO TO YOU <u>NOW</u> ON 10 <u>FEELS</u> COMPL	OW TRUE DOES A SCALE OF 0 to	THAT STATE	EMENT (P	os. cog. writt	ten above) FEEL
0 1 (Feels Completel	2 3 y False)	4 5	6		9 10 ompletely True)
EMOTIONS/FEEL AND THOSE WOR EMOTION(S) DO Y	RDS	OU BRING (Please repeat			OF NITION) WHAT
LOCATION OF BO	DDY SENSATION	(<u>S):</u> "WHERE	DO YOU	FEEL IT IN Y	YOUR BODY?
SUBJECTIVE UNITO NO DISTURBANCE IMAGINE, HOW DITURBANCE (No disturbance/N	E OR NEUTRAL A STURBING DOES 2 3	ND 10 IS THE	HIGHES	Γ DISTURB <i>A</i> DRY <u>FEEL</u> T 8	ANCE YOU CAN