(Zangwill)   **FLOAT FORWARD (and BACK)**   **(2005)**

CLIENT: _____   DATE: _____

<u>FUTURE SITUATION:</u> "WHAT DO YOU NEED TO DO NOW THAT YOU ARE NOT DOING? AND, AS YOU SEE YOURSELF DOING _____, WHAT'S THE <u>WORST</u> THING THAT COULD HAPPEN?

<u>PICTURE:</u> **"**WHAT PICTURE REPRESENTS THE <u>WORST</u> PART OF THAT TO YOU <u>NOW</u>??"

<u>**NEGATIVE COGNITION (NC):**</u> **"**WHAT WORDS GO BEST WITH THAT PICTURE OF _____THAT EXPRESS YOUR NEGATIVE BELIEF ABOUT YOURSELF **NOW**?"

<u>**POSITIVE COGNITION (PC):**</u> "WHEN YOU BRING UP THAT PICTURE OF _____, WHAT WOULD YOU LIKE TO BELIEVE ABOUT YOURSELF **NOW**?"

<u>**VALIDITY of COGNITION(VoC)**</u>:   "AS YOU BRING UP THAT PICTURE OF _____, HOW TRUE DOES THAT STATEMENT (Pos. cog. written above) **FEEL** TO YOU **NOW** ON A SCALE OF 1 to 7, WHERE 1 **FEELS** COMPLETELY FALSE AND 7 **FEELS** COMPLETELY TRUE?"

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

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

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

<u>**SUBJECTIVE UNITS OF DISTURBANCE(SUDS)**</u>: "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)
                                                                          (OVER)

(**Zangwill**)   **FLOAT BACK TECHNIQUE**   (**2005**)

"NOW, PLEASE BRING UP THAT PICTURE OF _____, (REPEAT PIC.)   THOSE NEGATIVE WORDS _____, (REPEAT NEG. COG.) NOTICE WHAT FEELINGS ARE COMING UP FOR YOU, WHERE YOU ARE FEELING THEM IN YOUR BODY, AND
LET YOUR MIND FLOAT BACK TO AN EARLIER TIME IN YOUR LIFE-PERHAPS WHEN YOU WERE A CHILD OR ADOLESCENT - DON'T SEARCH FOR ANYTHING - JUST LET YOUR MIND FLOAT BACK AND TELL ME THE FIRST SCENE THAT COMES TO MIND WHERE YOU HAD SIMILAR: THOUGHTS OF _____ (REPEAT NEG. COG.),   FEELINGS OF _____ (REPEAT EMOTIONS ABOVE) IN YOUR BODY?"

FLOATBACK MEMORY:

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 1 to 7, WHERE 1 **FEELS** COMPLETELY FALSE AND 7 **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 _____ (Please repeat the NEGATIVE COGNITION) 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)