

(Zangwill)

**FLOAT FORWARD (and BACK)**

(2005)

CLIENT: \_\_\_\_\_

DATE: \_\_\_\_\_

**FUTURE SITUATION:** "WHAT DO YOU NEED TO DO NOW THAT YOU ARE NOT DOING? AND, AS YOU SEE YOURSELF DOING \_\_\_\_\_, WHAT'S THE WORST THING THAT COULD HAPPEN?"

**PICTURE:** "WHAT PICTURE REPRESENTS THE WORST PART OF THAT 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)  
**(OVER)**

