

CLIENT: _____ **DATE:** _____

FUTURE SITUATION: "WHAT WOULD YOU LIKE TO BE DIFFERENT IN YOUR FUTURE?:

PICTURE: "WHEN YOU PICTURE SUCCESSFULLY DOING _____ (WHATEVER THEY NEED TO DO IN THE FUTURE), WHAT WOULD YOU LIKE TO SEE HAPPENING AND WHAT SKILLS OR HELP DO YOU NEED?

COGNITION: "WHAT WORDS GO BEST WITH THAT PICTURE OF _____ (DOING SOMETHING SUCCESSFULLY) THAT EXPRESS YOUR BELIEF ABOUT YOURSELF **NOW**?" (BE OPEN TO A POSITIVE **OR** NEGATIVE BELIEF.)

EMOTIONS/FEELINGS: WHEN YOU BRING UP THAT PICTURE OF _____ AND THOSE WORDS _____ WHAT EMOTION(S) DO YOU **FEEL NOW**?

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

(PROCESS AS NEEDED TO INSTALL POSITIVE TEMPLATE. WHEN CLIENT HAS POSITIVE PICTURE AND FEELS COMFORTABLE ENOUGH, MAKE IT AN ASSIGNMENT)