CREATING A FUTURE TEMPLATE

(Zangwill, 2005)

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.