

## TARGET ASSESSMENT (OLD MEMORY)

(Zangwill, 2005)

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

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

**PRESENTING ISSUE OR MEMORY:** “What **old memory** would you like to work on today?”

**PICTURE:** “What picture represents the **worst** part of that to you **now**?”

**NEGATIVE COGNITION (NC):** “What words go best with that picture of \_\_\_\_\_ that expresses 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 \_\_\_\_\_ (**repeat positive cognition**) **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

**EMOTIONS/FEELINGS:** “When you bring up that picture of \_\_\_\_\_, and those words \_\_\_\_\_ (**repeat 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