PRESENT (WITH FLOAT BACK)

(Zangwill 2005)

CLIENT: _____   DATE: _____

PRESENTING ISSUE OR MEMORY: "What **current issue** or **recent 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 |

FLOAT BACK TECHNIQUE
(Zangwill, 2005)

FLOAT BACK: "Now, please bring up that picture of _____ (**repeat picture**), those negative words _____ (**repeat negative cognition**), 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 negative cognition**) and feelings of _____ (**repeat negative emotions**) in your body?"

FLOAT BACK 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 (**repeat positive cognition**) <u>feel</u> to you **now** on a scale of 0 to 10, where 0 <u>feels</u> completely false and 10 <u>feels</u> 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 <u>feel now</u>?"

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 <u>feel</u> to you **now**?"

0	1	2	3	4	5	6	7	8	9	10