

Client Initials _____

Today's Date _____

Presenting Issue

Recent examples of presenting issue

1. _____

2. _____

Float Back

Worst Picture: _____

NC: _____

Emotions: _____

Body Sensations: _____

“Focus on the image, the negative belief about yourself, the emotions and sensations you’re experiencing right now, and just let your mind float back to an earlier time when you may have felt this way before and just notice what comes to mind...”

Experiences

Age

_____	_____
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Present Triggers

Future Templates

Dominant Informational Plateau for this sequence (circle one)

Responsibility/Defectiveness Safety/Vulnerability Power/Control (Choices)

Possible negative/positive beliefs

Target memory selected for first reprocessing session

Circle One: Touchstone Memory Worst Other Past Experience

Additional notes
