

Progress Notes

Name _____

D & T

\$

next

1 or 8 Issue-Review:

3 What picture represents the worst part of the incident? (target)

What words go best with that picture that express your negative belief about yourself now?

When you bring up that picture, what would you like to believe about yourself now?

When you think of that picture, how true do those words (repeat PC) feel to you now on a scale of 1-7, where 1 feels completely false and 7 feels completely true?

When you bring up that picture and those words (NC) what emotion(s) do you feel now?

*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 **feel** to you **now**?*

Where do you feel the disturbance in your body?

4 Process: (What do you get/notice?... Go with that.)

7 (What have you learned? What do you want to take away?)

5 Do the words (PC) still fit, or is there another positive statement you feel would be more suitable?

How true does (state PC) feel when paired with the target?

6 Close your eyes, concentrate on the target and the PC. Scan your entire body & tell me if you feel anything.

7 Take a snapshot of any disturbance (trigger, seeing, feeling, & thinking) to work on next time.