Progress Notes

Name __________________________

D & T __________________________

1 or 8 Issue Review:

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

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________________________________________________________________________

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

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

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________________________________________________________________________

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?

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________________________________________________________________________

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?

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Where do you feel the disturbance in your body?

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

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

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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?

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

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

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