Future Template

- Let’s make sure you are set up for success. We want to minimize the possibility of future experiences throwing you off balance. [explore how client would like to be acting or handling things in the future] I’d like you to run a movie, seeing yourself [doing / handling things] and notice what comes up.
  - If positive – add sets of BLS (processing speed)
    - Continue sets as long as the positive continues to strengthen
    - Adding BLS will strengthen the positive
    - Any available hidden “dust bunnies,” will surface for processing
  - If neutral – explore for clarification
    - Once clarified, run a movie of the positive
  - If negative – have client focus on body sensations
    - Add sets of BLS (processing speed)
    - If disturbance resolves, run a movie of the positive
    - If it doesn’t, target it for processing
  - Install the PC to VoC of 7
  - Pair your positive belief with the situation, 1-7 how true does it feel?
    - Use processing speed BLS until VoC = 7
    - It is possible for a blocking belief to emerge at this point
    - It will require identification and processing
  - Have the client imagine “hicups”
    - Process as above

**FUTURE TEMPLATE FLOWCHART**

Run a movie of positive future scenario(s)

positive experience
- becomes a resource
  - future with challenge(s) seeing self handle it
  - repeat with new movies as needed / indicated

negative experience

becomes a target for processing
- does it require processing?
  - target (3-6)?
  - target plan?

appropriate response for the situation?
- needs? teach skills
- anticipatory?
  - target (3-6)

imaginal resourcing

REMEMBER! Future templates are designed to stir up any remaining dust bunnies, so use processing sets of BLS, UNLESS it’s being used to build state change resources

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