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 "hiccups"
 - Process as above

FUTURE TEMPLATE FLOWCHART Run a movie of positive future scenario(s) positive experience negative experience becomes a target for processing becomes a resource does it require processing? appropriate response for the situation? target (3-6)? target plan? future with challenge(s) needs? teach skills anticipatory? seeing self handle it target (3-6) repeat with new movies as needed / indicated 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