

Name _____ Date _____

MULTIPLE COMPLAINTS WORKSHEET

Step 1: Identify the client's complaints (person, place, situation, etc).

Step 2: Identify each complaint's negative and positive core beliefs (NC/PC),

Step 3: Develop a targeting plan:

a) for each complaint (Present, Past, Future)

or

b) for the complaint the client wishes to address first (Present, Past, Future)

	Complaint #1	Complaint #2	Complaint #3
Presenting Complaint	_____ _____	_____ _____	_____ _____
NC	_____ _____	_____ _____	_____ _____
PC	_____ _____	_____ _____	_____ _____
Past	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
Touchstone	_____ _____	_____ _____	_____ _____
Future Triggers	_____ _____ _____	_____ _____ _____	_____ _____ _____

Step 4: Select the complaint to be addressed and transfer the information to the Target Sequence Plan Summary Worksheet