

The Target Sequence Plan Summary Outline

Presenting complaint: _____

Negative belief:

Positive belief:

The belief should be congruent with the presenting complaint's negative belief although the situations may be different

A diagram consisting of 20 horizontal lines. An upward-pointing triangle is drawn, shaded in light gray. The triangle's base is at the bottom-most line and its apex is at the top-most line. The bottom-most section of the triangle is a darker gray rectangle.

Future

Present

Past

Touchstone

A diagram consisting of 20 horizontal lines. A downward-pointing triangle is drawn, shaded in light gray. The triangle's base is at the top-most line and its apex is at the bottom-most line. The bottom-most section of the triangle is a darker gray rectangle.