TARGETING SEQUENCE PLAN WORKSHEET

1. Presenting Problem: *What issue or concern would you like to address today?*

2. Present Trigger Incident: *Tell me about a present incident that represents your problem.*

   Image (Picture) *What picture represents the worst part of that incident?*

   Negative Cognition: (Belief) *When you think of that picture, what words express your negative belief about yourself now? (What does that say about you as a person?)*

   Positive Cognition: *When you think of that picture, what would you like to believe belief about yourself now?*

3. Past (questioning, if necessary, Float Back, Affect Scan)
   a. Past Events: *What other times have you experienced similar negative thoughts?*

   b. Touchstone event: *When is the earliest time you have had those thoughts? (explore family of origin issues)*

   c. If unable to identify the touchstone event through questioning, use one of the following alternative interventions:

      **Float Back**
      *Bring up that picture of _____ and those negative words (NC)____. Notice what feelings are coming up for you, and let your mind float back to an earlier time in your life when you had the same thought and feelings. Don’t search for anything, just let your mind float back and tell me the earliest scene that comes to mind. What do you get? Any earlier times?*

      **Affect Scan**
      *Bring up that picture of ____. Hold the image in mind and the negative thoughts of (NC)____. What emotions are you experiencing now? Where do you feel it in your body? Hold in mind the image and the body sensation and let your mind scan back to the earliest time you remember feeling that way or having similar body sensations. What do you get?*