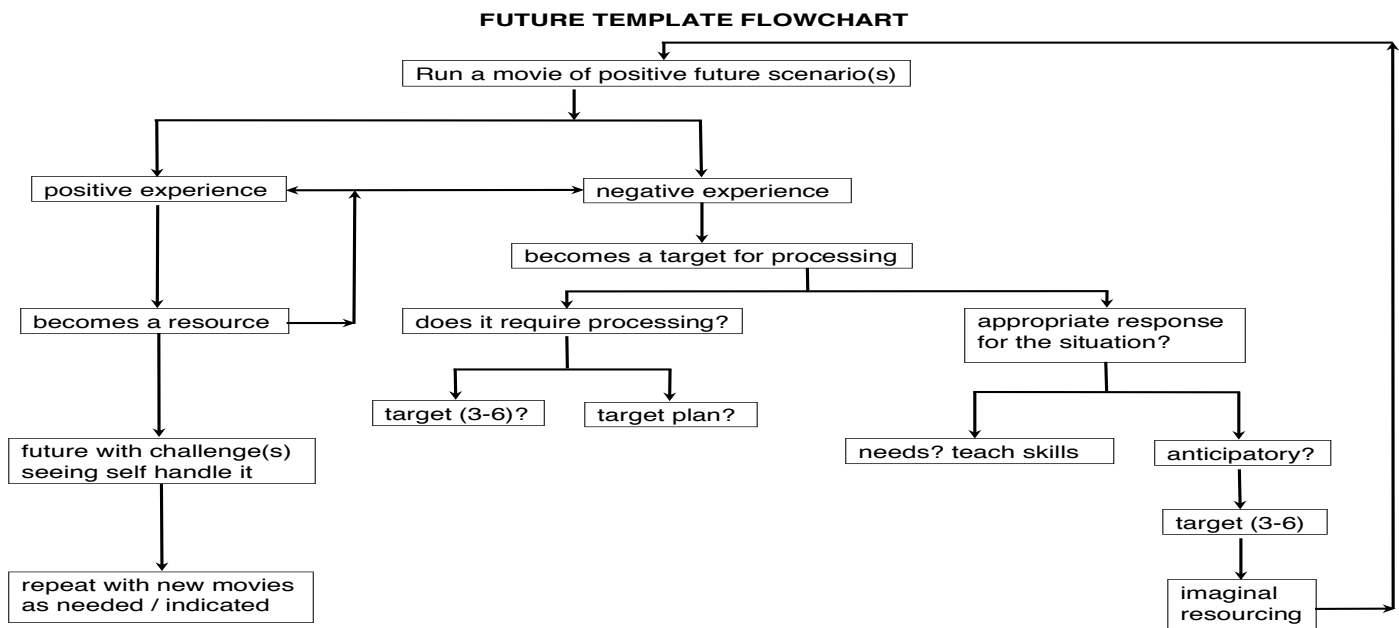# Future Template

- *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

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