

## RUNNING FUTURE TEMPLATES

[Target each present trigger, future concern client has mentioned]

### Imagining Future Experiences

1. "Think of a time in the future when you will experience the issue we have been working on."

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2. "What do you notice?"

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3. Reprocess

a. If mild disturbance- "Go with that." and continue reprocessing until client reports positive experiences.

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b. Disturbance = SUDS 3-5: Complete a Phase 3 Assessment using whatever NC/PC structure that resonates with the situation. Reprocess (Phases 4-8) as needed until completed (SUDS = 0, VoC = 7, Clear Body Scan)

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i. If reprocessing of that situation activates feeder memories that do not clear within a reasonable length of time (approximately 5 – 10 minutes), consider developing a new Targeting Sequence Plan including a Touchstone Event

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### Imagining Challenging Future Experiences

1. "Imagine a time in the future when you will experience problems associated with your issue."

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2. "What do you notice?"

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3. Reprocess

a. If mild disturbance- "Go with that." and continue reprocessing until client reports positive experiences.

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b. Disturbance = SUDS 3-5: Complete a Phase 3 Assessment using whatever NC/PC structure that resonates with the situation. Reprocess (Phases 4-8) as needed until completed (SUDS = 0, VoC = 7, Clear Body Scan)

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i. If reprocessing of that situation activates feeder memories that do not clear within a reasonable length of time (approximately 5 minutes), consider developing a new Targeting Sequence Plan including a Touchstone Event

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