

In this section the clinician is just getting “the headlines”, not details about the events. For the practicum purpose you are also only getting the headlines. As soon as it is clear that the client has a specific memory and it is a “moment in time” the therapist should ask for the age and then ask, “and what is an earlier time”. Note that the recent examples of how the issue appears in the current life, Present Triggers, are then used at the end of the form for getting the Future desired behavior/state the client want instead of the Present triggers.

<b><i>“Please tell me some way you feel limited in your present life or a current symptom or issue you would like to focus on.”</i></b>	Presenting Issue:
<b><i>“When you ____ (the presenting problem), what is difficult for you to do, especially with people closest to you?”</i></b>	
<b><i>“Let’s look at times in your life when you tried to do what is more difficult and it didn’t go well.”</i></b>	
<b><i>“Please tell me a recent time that would be an example of this issue” - (Moment in time.)</i></b>	Socially, Work, Intimate Relationships
<b><i>“Can you give me an example of how this shows up in your life socially?” (Moment in time)</i></b>	Present Trigger PT #1:
<b><i>“Can you give me an example of how this show up in your intimate relationships?” (Moment in time)</i></b>	Present Trigger PT #2:
<b><i>“Can you give me an example of how this shows up in your life at work?” (Moment in time)</i></b>	Present Trigger PT #3:
<b><i>“As you bring up the worst part of this issue, what is the worst part of it now?”</i></b>	
<b><i>“How disturbing is it now, on a scale of 0-10 with 0 being no disturbance and 10 being the highest disturbance you can imagine?”</i></b>	SUD (Level of Disturbance)  0 1 2 3 4 5 6 7 8 9 10
<b><i>“When you bring up this disturbance what is the negative belief you have now?”</i></b>	NC:
<b><i>“When you bring up the worst part of the present issue and the words _____ (NC) what is an earlier time you can remember experiencing something similar?”</i></b>	Earlier Memory: <span style="float: right;">Age:</span>

<i><b>"And what is an earlier time?"</b></i>	Earlier Memory:	Age:
<i><b>"How about an earlier time?"</b></i>	Earlier Memory:	Age:
<i><b>"How about an earlier time?"</b></i>	Earlier Memory:	Age:
<i><b>"How about an earlier time?"</b></i>	Earlier Memory:	Age:
<i><b>"How about an earlier time?"</b></i>  Clinician keeps asking as long as the client keeps answering. Earliest is the "touchstone".	Earlier Memory:	Age:
<b>We recommend going straight to phase 3-7 after getting the earliest memory. The earliest memory is considered the Target or Touchstone Memory.</b>		

### Red Flags

No family of origin memories	"What happened when you told your parents (caregivers)?"
No affect with memories	Does the client appear to be thinking about what "should" be connected? How is the client's "Answer" here? Is he/she good at analyzing, figuring things out?
Memories appear to go in a straight line without much or any affect	How is the client's "Answer" here? Was the NC too specific?
All memories are examples of the client's "Answer", staying safe of staying connected.	"What happens when you don't/can't do that?" i.e. "What happens when you are not perfect?"
Not any affect or reported disturbance and about one caregiver.	"What happened when you told the other parent (caregiver)?"