

## Finding the Targets

Why are you here? What's hard for you? What do you get in trouble for? (*pick one that they respond to*)

When has that been a problem for you at school? Can you give me an example?

When has that been a problem for you at home? Can you give me an example?

When has that been a problem for you with friends? Can you give me an example?

What is the worst part of this issue?

On a scale of 0-10 with 0 being that it does not cause you any sadness, anger, or frustration and 10 is the worst of the worst, where do you think you are?

What's the negative thing that you tell yourself when thinking about this issue? It's usually an I statement.

When you bring up this issue and the words \_\_\_\_ (NC) what is an earlier time that you remember feeling this way?

Can you tell me an earlier time? Age?

Can you tell me an earlier time? Age?

Can you tell me an earlier time? Age?

*You keep going until they have nothing else to say. If you know something that they have not mentioned you can bring it up and ask if it fits here. The earliest memory is the first target memory and where you start.*