

FUTURE TEMPLATE SCRIPT



We choose one of the future desired states relating to the present triggers to focus on, these can be found on the Treatment Plan Targets Sheet. Identify how the client would like to respond instead of the current response to the present triggers. Together with the client choose which present trigger/future template will be addressed.

Say: **"We have addressed the past events, the root of the present disturbance as well as the present triggers and now we will look at what you would like to be different in the future. We have a specific protocol to imagine your desired future and process blocks and enhance and deepen the positive states."**

"What positive belief would you like to hold onto in this future situation?"
"I would like you to run a movie of the desired state and the words (PC)....."

"Imagine stepping into this scene, noticing how you are handling the situation. Notice what you are thinking feeling and experiencing in your body. Let me know when you are ready and I will begin BLS and you can let me know when to stop."

After the movie stops check in with client and get feedback. Repeat 3 to 5 times.

Once the movie is successfully installed above, invite the client to create a challenge or a bump in the road to add to the movie. It may be something the client is afraid might happen. The clinician may suggest something if the client has a difficult time coming up with one.

Ask: **"What if...(future fear)... were to happen during this experience?"**

"What resources might be helpful for you to imagine yourself effectively coping with this situation?"

Say: **"I'd like you to imagine yourself coping effectively with/in"**

in the future. I'd like to invite you to imagine running the movie, with the new positive belief

(PC)..... and your resources. Notice how you are handling the situation and what you are thinking, feeling and noticing in your body"

If the client needs more resources you can help them with that before starting the BLS.

"Now I'd like to invite you to run this movie in your mind's eye while we are doing the BLS. Let me know when you are ready to start and when to stop the BLS. We will check in afterwards."

Run the movie 3 to 5 times with BLS- as long as it is getting more positive.

**After the movie stops check in with client and get feedback. Repeat 3 to 5 times.
(Resources need to be accessible by the client in the movie)**

Final Step - Closure
(At the end of any session)

"The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories or dreams. If so, just notice what you are experiencing and if you wish you can record it on the Memories & Lies Log. Use the resources we have worked on to help manage any disturbance. We can work on this material next time."

If incomplete session add: **"What do you need to be able to close today?"** Or **"I wonder if it would**

be helpful to.....(recommend a resource).