

Symptom-driven Targeting Sequence

(Adapted from the EMDR HAP training/www.emdrhap.org)

PRESENTING COMPLAINT/ PROBLEM/ SYMPTOM:

So tell me what brings you here.....Would you give me a recent example of when you experienced that difficulty?

DOMINANT IRRATIONAL BELIEF (or feeling or sensation):

Picture: *What picture represents the worst part of that recent incident?*

Negative Cognition: *What words go best with that picture that express your negative thought or belief about yourself **now**?*

Positive Cognition: *And when you bring up that picture, what words go best with it that would express what you would **rather** believe about yourself **now**?*

[You can either use a floatback or direct questioning to determine the touchstone and worst memories that gave rise to this cognitive theme. If via floatback, ask for the feelings and body sensations along with NC]

First: *When is the earliest time that you can recall thinking [negative cognition] (include feelings and sensations with a floatback)?*

Worst: *And as you focus on the negative belief _____, are there any earlier or worse events than the one you've already identified? Or other significant events?*

Present Triggers: *What people, places or situations in your present life bring up these unpleasant thoughts, feelings and body sensations?*

Future Template: *How would you like to handle these situations in the future? Do you foresee any triggering situations in the future?*
