Future Template

Introducing the Future Template:

“We have worked on past experiences related to your issue, as well as current situations that have triggered you. I would like to suggest that we now work on how you will respond in the future to the same or similar situations.” (If used after re-processing)

-or-

“What positive belief would you like to believe about yourself in the future?”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Create a scene (w/o BLS)

“I would like you to imagine yourself dealing with (the same / a similar / a situation) in the future, responding in an adaptive way while thinking of your positive belief (PC)”

(+) Do BLS until you get a VoC of 7

(n) See if client is missing a skill set. Encourage them to learn it

and then you can go back and complete the future template.

(-) Spend a few minutes investigating what made the scene negative. Then do BLS until VoC is 7.

(Feeders or Blocking: build CTP)

Once VoC = 7, run the movie

1. First movie: Static

“Now I would like you to run a movie dealing effectively with this situation, holding in mind the positive belief you have about yourself. Follow my fingers. Please tell me when you have completed the movie” (Run fast BLS until client responds they are done)

At the end of the movie, check to see if any negative or disturbing material came up. Reprocess it.

1. Second movie: Small Challenge(s)

“I would like you to think of a challenge situation that could occur.”

Run the movie holding it together with the PC with fast BLS

Check to see if any negative or disturbing material comes up. Reprocess it.