

## Phase 3 - Assessment

### Phase 3 Assessment

Set-Up:

- Explanation of what to expect
- Grounding objects
- Proxemics
- Type of BLS
- Establish stop signal

Presenting Issue: \_\_\_\_\_

**Target** \_\_\_\_\_

(Select one) Is Target a:

- Present Trigger \_\_\_\_\_
- Past: \_\_\_\_\_ Touchstone \_\_\_\_\_ Past Worst, or \_\_\_\_\_ Other
- Future prong \_\_\_\_\_

**Picture:** *What picture represents the worst part of the experience to you?*

\_\_\_\_\_

**N/C:** *When you think of that picture, what negative beliefs do you have about yourself (now)?*

\_\_\_\_\_

**PIC:** *When you think of that picture, what would you like to believe about yourself instead?*

\_\_\_\_\_

**VoC:** *When you think of the picture, how true does (repeat the PC) feel to you now on a scale of 1 to 7 where 1 feels completely false and 7 feels completely true*

\_\_\_\_\_

**Emotions:** *When you think of that picture and those words (repeat the N/C), what emotions do you feel now?*

\_\_\_\_\_

**SUDS:** *On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest you can imagine, how does it feel to you now?*

\_\_\_\_\_

**Body:** *Where do you feel the disturbance in your body?*

\_\_\_\_\_