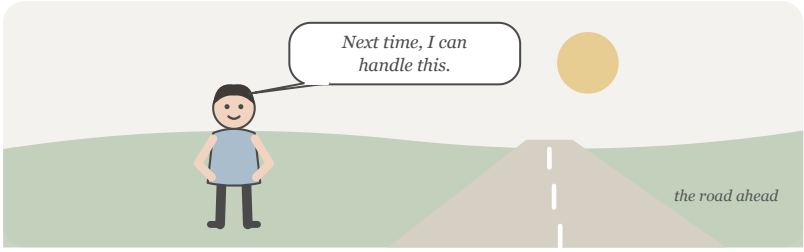
–LENSS–

My Future Template

Rehearsing how I want to feel, think and act in situations ahead.

Once past memories and present triggers have been processed, we look ahead. A future template is a way of rehearsing a situation that is coming up, or one you have been avoiding, so that you can approach it with your positive belief and your new resources.



Planning my future situation

The situation	
What might be challenging about it	
The positive belief I want to hold	
What I will do, and the resources I will use	
How I will know it has gone well	
How true does the positive belief feel now? (VoC 1–7)	

Running the film

1. Imagine the situation from start to finish, as if watching a film of yourself coping well.
2. Notice any moment where you feel stuck or uncomfortable. We can process that moment, or bring in a resource.
3. Run the film again, holding your positive belief, until it feels steady.
4. Imagine a curveball, something unexpected, and see yourself handling that too.

After the real event

How did it go? What did I notice? What would I like to work on next?