

Target Sequence Plan Worksheet

Presenting Problem (current symptoms, complaint):

Gathering dominant symptom/theme: (Identify an emotion, body sensation or negative belief that is most disturbing to presenting problem)

Use this symptom to do a **Floatback** or **Affect Scan** to find the Touchstone Memory (using either NC, Emotion or Physical Sensation)

Identifying Targets

Touchstone (First):

Worst:

Most Recent:

Other Past Incidents: (related to theme/issue)

Age	Incident
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Present Triggers:

Future Goals: (How they want to handle differently)

Resources to help with above targets:

(skills, strengths, role models, supportive figures, imagery, metaphors):

*Choose initial target to start- usually first or worst. If dealing with complex trauma, try starting with a SUDS of 4 or less.