## STEP FOUR - Assessment

**Picture:**

*"What picture or image represents the worst part of the (_____)?"*

_____

**Negative Cognition:**

*"When you bring up that picture, what negative belief do you have about yourself?"*

**NC:** _____

**Positive Cognition:**

*"When you think of that picture, what would you like to believe about yourself now?"*

**PC:** _____

**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 one feels completely false and 7 feels completely true?"*

(Completely False) 1.....2.....3.....4.....5.....6.....7 (Completely True)

**Emotions/Feelings:**

*"When you bring up the picture and those words (repeat above NC), 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 disturbance you can imagine, how disturbing does the incident feel to you now?"*

(Neutral) 0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10 (Highest Disturbance)

**Body Location:**

*"Where do you feel the disturbance in your body?"*

_____

## STEP FIVE - Desensitization

**Say:** "I'd like you to bring up that picture, the negative belief about yourself (repeat the negative cognition), and notice where you feel it in your body - let me know when you have it all and we will start the BLS."

**After Set:** *"Take a deep breath. What do you notice now?" or "What do you get now?"*

**Processing and checking for new channels:** Continue processing with several sets of BLS until there is no new disturbing material coming up.

**To go back to Target ask:** *"When you go back to the original experience (or cue word), what do you get now?" If there is no new, disturbing material, check the SUDS."* SUDS should be 0 before moving to Installation.

**To Check SUDS:** *"When you bring up the experience (or cue word), on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now?"* If SUDS is 1 or greater, continue processing. If SUDS is "zero", do one more set to check for any more channels, and then move on to Installation.


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