

# ***working with imagery: assessment***

***name:***

***date:***

This form is probably best filled in by client & therapist together. It can be helpful when trying to understand and treat many distressing conditions including depression, various forms of anxiety, phobias, insomnia, eating disorders, pain problems, anger, OCD, and PTSD.

- 1.)** choose a particular situation when were badly troubled by the symptoms you want help with (it may be best if this is a relatively recent episode); describe the "outer" details – when it occurred, where you were, what you were doing, who else was there, and what in particular seemed to trigger off your feelings?
  
- 2.)** describe the "inner" details – the physical sensations, body posture, facial expression, emotions and thoughts that occurred while the episode was at its worst.
  
- 3.)** were there any associated images (picture thoughts) that went through your mind? which images felt most powerful or emotionally intense?
  
- 4.)** how frequently do you get these images – several times each hour, several times each day, several times each week, less than this, maybe only in certain situations?
  
- 5.)** how much do these images interfere with your normal activities (estimate on a scale where 0 = not at all, up to 100 = very severely)?
  
- 6.)** with eyes open or closed, please bring the images to mind while answering these questions. do the images seem to link to the past, the present or the future (give more details)?

***[Cont.]***

**7.)** if there is a link to the past, is it to a particular memory – especially an early memory? this link could be because the image or associated emotions remind you of the memory, or it could be because it contains a similar “meaning” for you. what are the most upsetting bits of the memory – the worst “hot spots”?

**8.)** what emotions/distress/pain are associated with the images – tick beside each relevant description listed below; note their strength using appropriate numbers from the 0 to 100 scale – before deliberately bringing the image to mind, while holding the image (and then possibly while holding an adapted therapeutic image as well); if some of the main emotions/distress/pain you felt are not listed, please use the “other” spaces.

<i>not at all</i>			<i>moderately</i>				<i>couldn't be worse</i>			
<b>0</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>
hopelessness	_____		panic	_____		anger	_____		guilt	_____
frustration	_____		anxiety	_____		sadness	_____		shame	_____
helplessness	_____		loneliness	_____		disgust	_____		fear	_____
other (please describe): _____										

**9.)** what thoughts, beliefs & meanings are associated with the images & emotions – please give more details and also, using the scale below, note how much you believed them.

<i>do not believe the thought</i>						<i>completely convinced the thought is true</i>				
<b>0%</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50%</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100%</b>

**10.)** how could you alter the images to make them less distressing and more helpful? are there different images, words, postures or facial changes that would be useful? what effect do these alterations & “rescripting” have on the associated emotions, thoughts & meanings?

