name:

imagery rescripting exercise

date:

During this imagery rescripting exercise, please note any changes in the experiences you are assessing (e.g. feelings of sadness, anxiety, anger, pain, etc) from baseline (not holding any specific image) to distressing image (deliberately imagining a particularly upsetting image/posture/facial expression/etc) to rescripting (deliberately imagining the preferred rescripted image/posture/expression/etc). Please use the following scale to estimate changes in severity & distress levels:

 0
 10
 20
 30
 40
 50
 60
 70
 80
 90
 100

 none
 very severe

experience assessed	baseline	with distressing image	with rescripted image