



time, emotions, talking & writing

past

present

future

positive

lack of encouraging positive memories

lack of mindful positive savouring

lack of encouraging positive futures

*identification and various forms of emotional **connection** – field view, sensory focus, mastery, compassion, dialogue, felt-sense*

negative

intrusive (or over general) negative memories

intrusive (threat orientated) current processing

intrusive (or avoided) negative futures

*identification and various forms of emotional **processing** – desensitisation, rescripting, mastery, compassion, dialogue, felt-sense*

