Imagery Microformulation Template

Original Source

Trigger(s)

Image Description

Maintaining Factors for the persistence of image

Emotion(s) in image

Appraisal(s) in image

“Power” of the image  why is it not ignored?

e.g.

“Do you believe it?”

“Does it feel real/true or prophetic?”

“What do you think will happen if you hold onto the image?”

“What does it mean about you, that you have this image?”

“Why do you think you are feeling X – what’s running through your mind?”

“How do you feel?”

(Congruence)

“How do you behave/what do you have to do because of the image and its ‘power’? e.g., push it out somehow, replay it, act as if it is real (for example, feel afraid of it), superstitious action