

## Movie Technique Form

Name:

Address:

Date:

Phone:

Email:

The goal of the “Movie Technique” is to target specific events and the validity of limiting beliefs which became a turning point in your life.

Please make sure that you only fill this out if it feels safe to you. If you feel that doing this exercise might make you too upset, then don't do it.

The topics on this list are only suggestions. Feel free to replace the emotions or events with incidents that work best for you.

**Please list 10 traumatic or negatively life changing events**

**Give the event a short title, preferably 3-5 words.**

**You can change the suggested emotions into something that works better for you! Rate the intensity you feel now**

**On a scale of 0-10, (0 = Not there at all - 10= extreme**

1.) A specific event that made me feel angry:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

2.) A specific event that made me feel sad:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

3.) A specific event that made me feel frustrated:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

4.) A specific event that hurt my feelings:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

5.) A specific event that made me feel misunderstood:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

6.) A specific event that made me feel lonely:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

7.) A specific event that made me feel disappointed:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

8.) A specific event that made me feel helpless:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

9.) A specific event that made me feel hopeless:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

10.) A specific event/person that I would have rather skipped:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

11.) A specific person/event that makes me scared:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

12.) A specific event that makes me feel trapped:

Movie title:

Intensity now Rating: 0 1 2 3 4 5 6 7 8 9 10

Add any thoughts, beliefs, memories that are important to you! The more I know about you and your specific situation, the easier it will be to get a good start in our sessions.