

**MULTIPLE SCHEMATA WORKSHEET**  
**(Practicum Option #2)**

**Step 1. Identify the re-occurring incidents (person, place, thing, etc.) and its negative belief schema.** (Target identification order may vary; follow your clinical intuition.)

**INCIDENTS**

**NC (Belief Schema)**

Future Trigger(s)

\_\_\_\_\_

\_\_\_\_\_

Present Trigger(s)

\_\_\_\_\_

\_\_\_\_\_

Past Incident(s)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Step 2. Select the incident and its associated belief schema to be addressed, and then develop a belief schema Targeting Sequence Plan.**

**TARGETING SEQUENCE PLAN (BELIEF SCHEMA)**

Negative Belief: \_\_\_\_\_ Positive Belief: \_\_\_\_\_

Future Triggers

\_\_\_\_\_

\_\_\_\_\_

Present Trigger

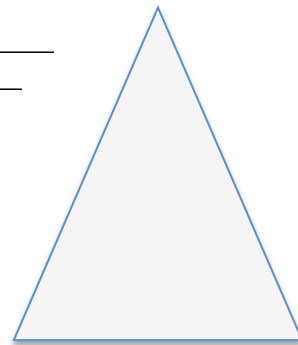
\_\_\_\_\_

Past Incidents

\_\_\_\_\_

\_\_\_\_\_

Touchstone: \_\_\_\_\_



**Step 3. Circle the target to be processed during the processing practicum.**