



# working with past & future images

*past*

*future*

***lack of encouraging  
positive memories***

***lack of encouraging  
positive futures***

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

***intrusive (or over general)  
negative memories***

***intrusive (or avoided)  
negative futures***

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

*positive*

*negative*

# verbal representation v's imagery construction and their relative impact on emotions

Holmes E & Mathews A  
"Mental imagery in emotion & emotional disorders" Clinical Psychology Review  
2010; 30: 349-62

