

Figure 4: Overview modules, targets, methods for target-selections, and goals

<b>Modules</b>	<b>Targets</b>	<b>Target-selection</b>	<b>Goal</b>
1. <b>Distressing memories</b>	Intrusive images	Direct method	Reduction-elimination of distress by intrusive images of past experiences; the distress may have resulted in varied psychopathology, which then will disappear
2. <b>Fears</b>	<p>A. If experiences relevant for learning history are traceable: memories of these experiences</p> <p>B. if relevant past experiences are not traceable (any longer): negative fantasies about anticipated future (catastrophic) experiences.</p>	<p>First method</p> <p>Third method</p>	<p>Reduction - elimination of fear by reprocessing relevant images of past experiences</p> <p>Reduction - elimination of fear by reprocessing relevant images of negative catastrophic fantasies</p>

3. <b>Dysfunctional urge-driven ED Behaviours: binges, compensatory behaviour (like hyperactivity or purging).</b>	A. positive memories	Fourth method, 4.1	Stop the dysfunctional behaviours by neutralisation of relevant images of past or future (feared or desired) experiences, that either elicit or maintain the behaviours (= goal for 4.A, B and C)
	B. present triggers: positive or negative triggersituations that elicit an urge to perform the behaviour	Fourth method, 4.2	
	C. positive flashforwards	Fourth method, 4.3	
4. <b>Low self – esteem</b>	Memories of experiences that “prove” the actual validity of the negative core beliefs	Second Method	Stop the behavioural and/or mood problems, resulting from negative self-esteem. Eliminate dysfunctional core beliefs
5. <b>Clinical perfectionism controlled by dysfunctional (intermediate) beliefs</b>	A. Memories of experiences that “prove” the actual validity of the dysfunctional belief(s)	Second method	Stop setting irrational standards for the self, resulting from dysfunctional core /intermediate beliefs

	B. Fantasies of potential consequences of (not) realising the set standards	Third method	Stop setting irrational standards for the self, resulting from negative (catastrophic) images of anticipated feared experiences
	C. Fantasies of potential consequences when realising the set standards	Fourth Method, 4.3.	Stop setting irrational standards for the self, resulting from images of anticipated desired experiences
<b>6. Negative Body Image</b>	A. Memories of experiences relevant for development of the negative body image	First method	Improve the body image, restore damage to the body-image, caused by inadaptively stored memory or fantasy material

	<p>B. Memories of experiences that “prove” the actual validity of the dysfunctional core belief about their body</p>	<p>Second method</p>	
	<p>C. memories of present triggers: intrusive distressing perceptions of present appearance that activate the delusional body image</p>	<p>Direct method</p>	
	<p>D. negative fantasies about feared future experiences resulting from anticipated future appearance.</p>	<p>Third method</p>	
	<p>E. positive fantasies about desired future experiences</p>	<p>Fourth Method, 4.3</p>	

	resulting from anticipated future appearance.		
--	--	--	--