

Direct	<p>Intrusive memories, ranked according to SUD's level or level of intrusiveness</p> <p><i>Key questions: Which memory is bothering you the most? What is the worst image of that memory?</i></p> <p>SUD</p>
First	<p>Memories of relevant experiences, ranked chronologically according to learning history</p> <p><i>Key questions: After what experience did ... (the symptom) start?</i></p> <p><i>After what experiences did it increase?</i></p> <p>SUD</p>
Second	<p>Memories of relevant experiences, ranked according to degree of sustaining credibility to core /intermediate belief</p> <p><i>Key questions: Which past experiences still prove for you, at this moment, intuitively, that you are ... (e.g. worthless)?</i></p> <p>SUD</p>
Third	<p>Images of feared future experience (catastrophe), ranked according to SUD's level.</p> <p><i>Key question: What is the worst scenario in your fantasy of what might happen to you in the future?</i></p> <p>SUD</p> <p>Standard PC: 'I can look at the image' is installed after SUD=0, not mentioned in assessment</p>
Fourth	<p>Positive images of either memories or future experiences.</p> <p>4.1. Memories of pos. affect of specific behaviour, ranked according to LoU, LoPA (whichever is the strongest).</p> <p>In stead of NC: words that evoke maximally the urge or the positive affect.</p> <p>Standard PC 'I can look at the image' or 'I am strong' , not mentioned in assessment, but installed after LoU or LoPA is reduced significantly.</p>

	<p><i>Key questions: What are the three most positive memories, related to your ... binges / hyperactivity / vomiting / using laxatives?'</i></p> <p><i>What positive experience has contributed to your ... binges/hyperactivity/vomiting/using laxatives?</i></p> <p><i>In stead of SUD: LoU/LoPA</i></p> <p>4.2. Present triggers, ranked according to LoU to perform the specific behaviour.</p> <p>Instead of NC: words that evoke maximally the urge.</p> <p>During desensitisation rating of LoU or SUD (whichever is the strongest).</p> <p>Standard PC 'I can look at the image' or ' I am strong' is not mentioned in assessment, but installed after LoU is reduced significantly, SUD=0.</p> <p><i>Key question: What situations are difficult for you, because they elicit the urge to perform (the specific ED behaviour)?</i></p> <p><i>LoU/SUD</i></p> <p>4.3. Positive images of desired future experience (fantasies), ranked according to LoU or LoPA (whichever is the strongest).</p> <p>In stead of NC: words that evoke maximally the urge or the positive affect. Standard PC 'I can look at the image' or 'I am strong' is not mentioned in assessment, but installed after LoU or LoPA is reduced significantly.</p> <p><i>Key question: What is the most desired outcome of performing ...[the specific dysfunctional ED behaviour]?</i></p> <p>LoU/LoPA</p>
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Characteristic elements of the five methods for target-selection