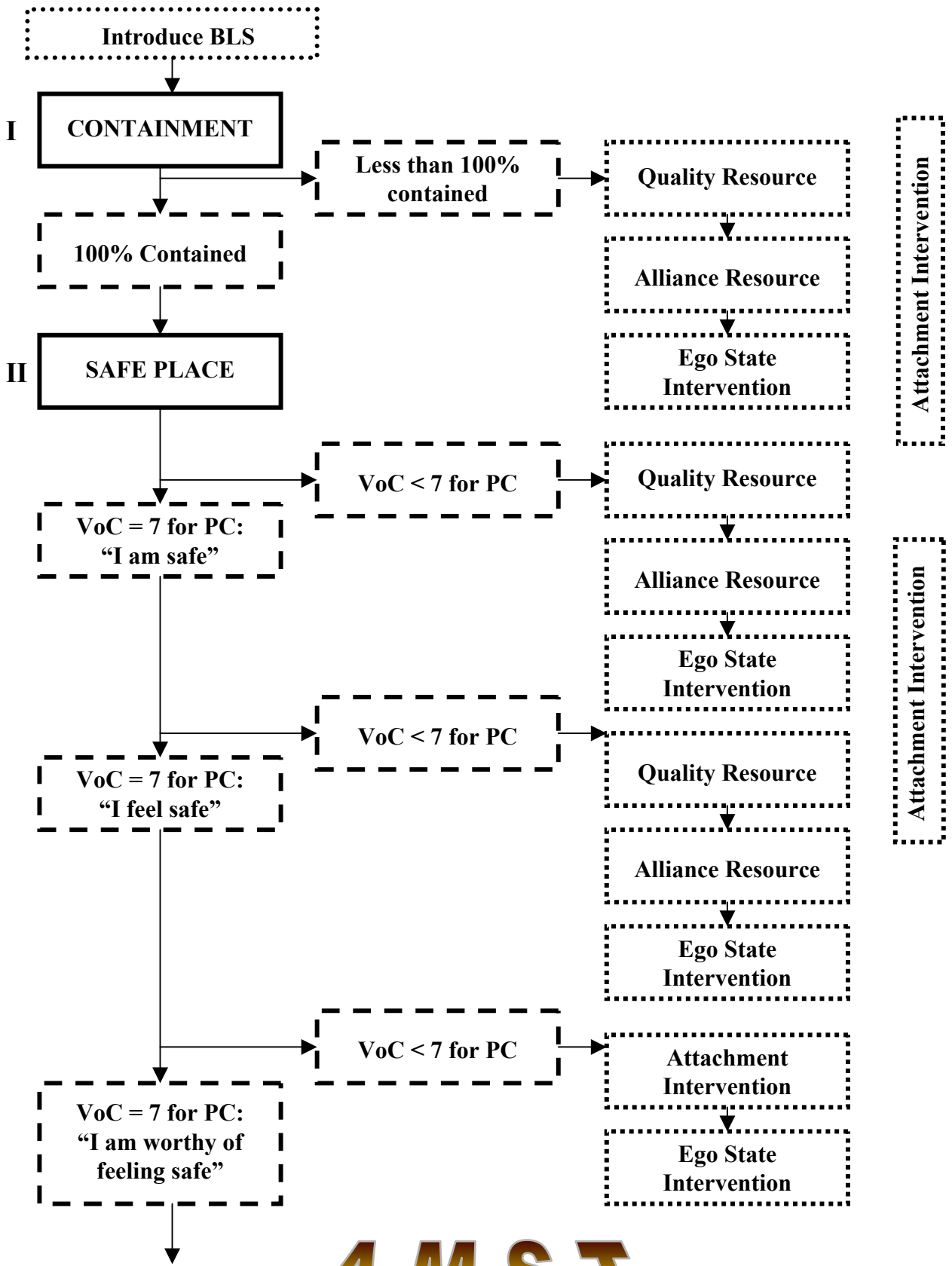




AFFECT MANAGEMENT SKILLS TRAINING



Flow Diagram and Decision Tree



Continuation page



Continued from page one



Identify Target Affect

III

SENSATION-AFFECT IDENTIFICATION

VoC < 7 for PC

Repeat Installation

Ego State Intervention

Attachment Intervention

VoC = 7 for PC: "The (name of sensation) in my (body location) tells me I am feeling (the index affect)."

Install Grounding Cord



IV

SENSATION AS SIGNAL

VoC < 7 for PC

Repeat Installation

VoC = 7 for PC: "The (name of sensation) in my (body location) signals me to let down my grounding cord."



V

GROUNDING CORD

VoC < 7 for PC

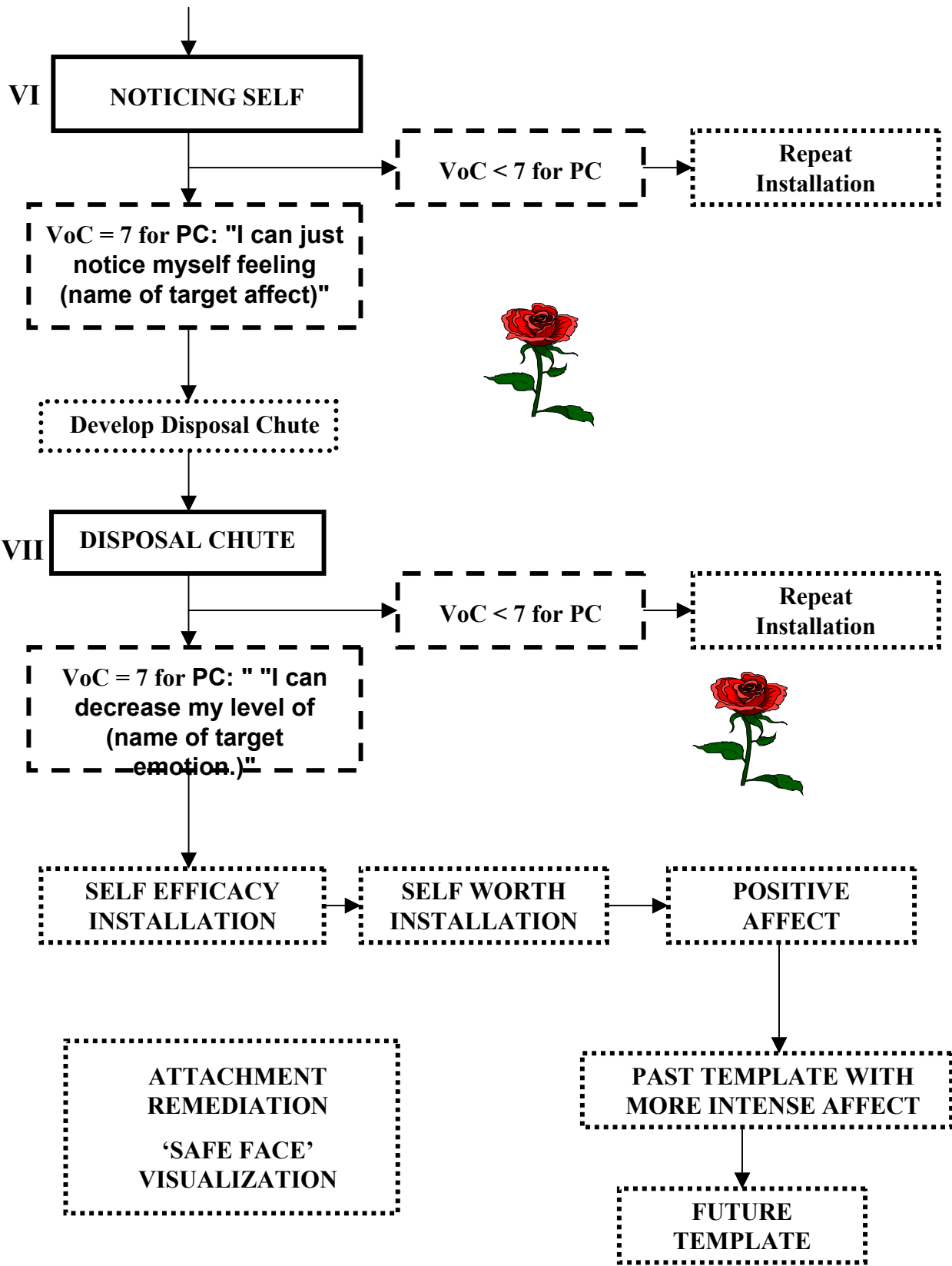
Repeat Installation

VoC = 7 for PC: "I can stay grounded and present while I am feeling (name of target affect)."



Continuation page

A.M.S.T.



AMST