Future Thought Training

Client Name: _____

We would like to get an idea of how your memory is working outside of the clinic. For this reason, we will select ten tasks/activities for you to perform in the future and a significant other of yours will help evaluate your ability to perform these tasks. We would like to choose settings and activities that well span at least several hours and that are familiar to you. Also, please try to choose a day when things are on "regular" schedule (e.g., you do not have out of town guests and there is not something newly stressful like beginning a remodeling project). Listed below are some examples.

Setting	**Types of Memory Tasks**
Errands in the Community	1. Remembering to get specific items in the grocery store. 2. Remembering to go to different places to do errands (e.g., post office, bank machine, fill car with gas).
Home Projects	1. Remembering to do certain cleaning or gardening chores. 2. Remembering to make phone calls, take pills, do certain correspondence. 3. Remembering to take something out of the oven, to move wash to dryer, to tape a t.v. show.
Hobbies	1. Remembering to do next step in a project after waiting period (e.g., after glue dries, you can put on decals).

Activity 1: _____

Activity 2: _____

Activity 3: _____

Activity 4: _____

Activity 5: _____

Activity 6: _____

Activity 7: _____

Activity 8: _____

Activity 9: _____

Activity 10: _____

Now, we will ask you to visualize each of these events by following a few questions as a guide.

Questions:

1) What will you see when the event occurs?
2) If it is a visual cue, what color will it be?
3) What size will the event be?
4) What will you hear when the event occurs?
5) How will you feel when the event occurs?
6) Do you have any specific thoughts about the event?
7) Please imagine yourself performing the task.

Activity 1:

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Activity 2:

Activity 3:

Activity 4:

Activity 5:

Activity 6:

Activity 7:

Activity 8:

Activity 9:

Activity 10: