***Include a Flashback or Flash Forward***

***Session 8***

* **Include a flashback by recalling past events or thoughts:**
* ***I remembered back to the time when …***
* ***This reminded me of the time I …***
* ***I thought about how I had once …***
* ***It occurred to me that this same thing happened when I was younger …***
* **Include a flash forward by considering future possibilities:**
* ***I thought about all the things I could do with …***
* ***I thought about what could happen …***
* ***I imagined what he might say …***
* ***I wondered what she would do …***
* ***I began to consider …***
* ***Maybe …***
* ***What if …***
* ***The next time I …***