

Exercise

Professional Version | US English

Play The Script Till The End



Description

Play The Script Till The End was developed by Scott Waltman (PsyD) and Erin Murphy (PsyD) and is a technique for helping clients to identify underlying feared outcomes. When working with anxious clients they found that the vertical arrow (Burns, 1980) or down arrow (Merrell, 2001) techniques would sometimes fall flat and so they developed metaphors of 'playing the tape till the end' or 'playing the script till the end'.

Instructions

Similar to the arrow techniques clients are asked to consider what the consequence would be if one of their fears were to come true, then encouraged to consider the consequence of that consequence and so on - answers often 'bottom out' around a core fear.

References

Burns, D. D. (1980). *Feeling good: the new mood therapy*. New York: New American Library

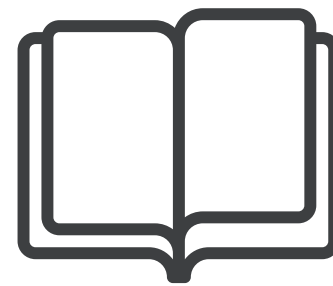
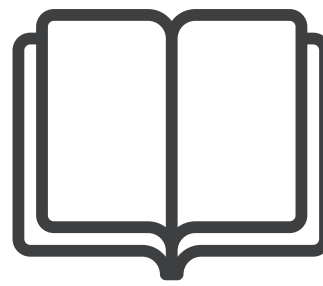
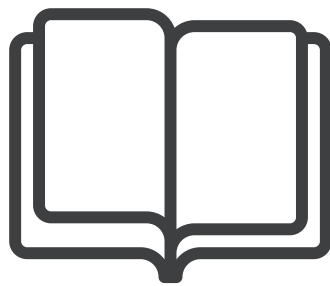
Merrell, K. A. (2001). *Helping students overcome depression and anxiety*. New York: Guilford

Citation: Waltman, S., Murphy, E. (2016). *Play the script till the end*. Retrieved from <https://psychologytools.com/play-the-script-till-the-end.html>

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Have you ever been reading a scary story or watching a horror movie and noticed an urge to close the book or change the channel before getting to the end? Have you ever had the realization at the end of the book or movie that the monster or villain was not as scary as you thought it would be? Special effects and movie makeup are rarely as scary as what we can imagine in our head. We don't really know how scary the movie monster is until we see them.

Worries can function in the same way - they can be magnified in our imagination - especially when they are incomplete. Often it can feel like more is on the line than what is on the surface. Identifying the *feared outcome* can help to clarify how much to worry about a potential problem. *Playing the script to the end* can help to identify the feared outcome. For example, when worrying about taking a test, are you worried about not doing well? Or that not doing well will result in something worse happening?



What's the situation that I'm worried about?

If that situation were to happen, what would that lead to?

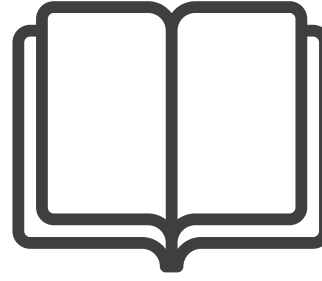
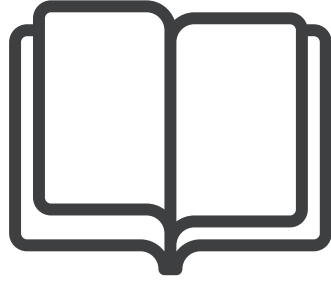
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Questions to ask yourself:

- What am I really worried about (feared outcome)?
- How much can the current situation really determine whether my feared outcome will happen?
- Is this the whole story? What am I missing?

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