EMDR Worksheets

STEP ONE - Set Up
• Chose type of BLS
• Establish Stop Signal

STEP TWO - Presenting Issue
Ask:
• "What is your presenting issue, symptom or problem or memory that you would like to work on today?"

STEP THREE - Floatback/Affect Bridge
Ask:
• "What picture represents the worst part of (____________________)?"
• "As you think about that picture, what negative belief do you have about yourself?"
• "What emotions do you feel?"
• "Where do you feel it in your body?"
• "Now concentrate on that picture of ___________, and those negative words _________, all the feelings you are having and where you feel it in your body and let your mind float back to the earliest time you remember feeling this way without censoring it. Tell me what comes up."

NOTE: Make a list of any targets that arise from the floatback until you find the "Touchstone" or "Root" Target. Remember: If a memory is from adult or teenage time, floatback to see if there is anything earlier. Many issues are rooted in early childhood memories (ages 5 - 12) - but not always.
STEP FOUR - Assessment

Picture:
"What picture or image represents the worst part of the (_________________)?"
____________________________________________________________

Negative Cognition:
"When you bring up that picture, what negative belief do you have about yourself?"
NC:  _______________________________________________________

Positive Cognition:
"When you think of that picture, what would you like to believe about yourself now?"
PC:  _______________________________________________________

VoC:
"When you think of the picture, how true does (repeat the PC) feel to you now on a scale of 1 to 7, where one feels completely false and 7 feels completely true?"
(Completely False) 1......2......3......4......5......6......7 (Completely True)

Emotions/Feelings:
"When you bring up the picture and those words (repeat above NC), what emotions do you feel now?"
____________________________________________________________

SUDS:
"On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?"
(Neutral) 0......1......2......3......4......5......6......7......8......9......10 (Highest Disturbance)

Body Location:
"Where do you feel the disturbance in your body?"
____________________________________________________________

STEP FIVE - Desensitization

Say: "I'd like you to bring up that picture, the negative belief about yourself (repeat the negative cognition), and notice where you feel it in your body - let me know when you have it all and we will start the BLS."

After Set: "Take a deep breath. What do you notice now?" or "What do you get now?"

Processing and checking for new channels: Continue processing with several sets of BLS until there is no new disturbing material coming up.

To go back to Target ask: "When you go back to the original experience (or cue word), what do you get now?" If there is no new, disturbing material, check the SUDS. SUDS should be 0 before moving to Installation.

To Check SUDS: "When you bring up the experience (or cue word), on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now?" If SUDS is 1 or greater, continue processing. If SUDS is "zero", do one more set to check for any more channels, and then move on to Installation.
STEP SIX - Installation

Linking the desired positive cognition with the original memory/incident or picture:

Ask:

- "Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?"

- "Think about the original incident and those words (repeat the selected PC). From 1, completely false, to 7, completely true, how true do they feel to you now?"
  (Completely False)  1.....2.....3.....4.....5.....6.....7  (Completely True)

- "Think of the original incident and the words (repeat the PC)." Do BLS. Ask, "What do you get?"

Continue installation as long as the material is becoming more adaptive. If client reports a 7, do BLS again to strengthen and continue until it no longer strengthens. Go on to Body Scan.

If client reports a 6 or less, check appropriateness of PC, and, if necessary, address the blocking belief with additional reprocessing.

STEP SEVEN - Body Scan

*(only do if have SUDS "zero" and VoC 7)*

"You can keep your eyes open or closed. Bring up the incident and the positive statement (repeat PC), and mentally scan your entire body. Tell me where you feel anything." If any sensation is reported, do BLS. If a positive/comfortable sensation, do BLS to strengthen the positive feeling. If a sensation of discomfort is reported - reprocess until discomfort subsides.

STEP EIGHT

Depending on time chose one of the two steps...

1. **You completed your first target...**
   a. Proceed to next chronological target
   b. Repeat steps 5, 6, 7
   c. Make sure you process all PAST and PRESENT targets.
   d. If complete PAST and PRESENT, proceed to Future Template

2. **You have an incomplete session - (SUDS higher than "zero")**
   a. Tell your client that you need to stop... "We are almost out of time and we will need to stop soon. What do you need to be able to stop?"
   b. Eliminate the Installation of Positive Cognition and the Body Scan.
   c. Give encouragement and support for the effort made... "You have done some very good work and I appreciate the effort you have made. How are you feeling?"
   d. If possible, install a Golden Nugget... "Is there anything positive that you learned today that you could embody right now and take with you from our session?" If "yes" - add short sets of BLS
   e. Do a containment exercise and guide the client in relaxation, Safe Place or another positive state.
   f. Read the Closure section to the Client.
Future Template Script

Find an upcoming trigger or event that the PC will be helpful in the Future

Say:  "Think about what you learned here today and the positive belief _____________. Is there a situation coming up in the near future that might be disturbing to you and you think this belief would be helpful to you?"

- Have the client describe this situation to you and find any strengths and resources that are helpful. Talk this out with your client until you have a movie that works.

"Now, I’d like you to imagine yourself coping effectively with _______________ in the future. With the new positive belief _______________ and your strengths _______________. Imagine stepping into this scene. Notice what you see and how you’re handling the situation. Notice what you’re thinking, feeling, and experiencing in your body."

- Talk this out with your client until you have a movie that works.

"Now I’d like you to run this movie in your mind’s eye while we are doing BLS. Let me know when to start the BLS and when to stop the BLS. We will check in afterwards"

- Run the movie 3 to 5 times with BLS - making sure it is positive and growing.

Once the movie is successfully installed above, create a new movie with possible "bumps" in the road. Anything that the client is afraid might happen.

Ask:  "What if...(a future fear).... were to happen during this experience?"

"What resources might you need for you to be able to see this movie where you are coping effectively in this situation?"

Say:  "I’d like you to imagine yourself coping effectively with/in _______________ in the future. With the new positive belief (from the first movie) _______________ with all your resources. Notice what you see and how you’re handling the situation. Notice what you’re thinking, feeling, and experiencing in your body."

- If the client needs more resources add them to the movie before adding BLS.

"Now I’d like you to run this movie in your mind’s eye while we are doing BLS. Let me know when to start the BLS and when to stop the BLS. We will check in afterwards"

- Run the movie 3 to 5 times with BLS - making sure it is positive and growing

Final Step - Closure

(At the end of your session)

"The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If so, just notice what you are experiencing. Take a mental snapshot of and record it in a log (what you are seeing, feeling, thinking, and any trigger)."

If incomplete session also say: "Use your Safe Place and Containment to rid yourself of any disturbance. Remember to use a relaxation technique daily. We can work on this new material next time."