



My EMDR Journey

Resources - things that fill my gas tank (ideas include: hanging with friends or family, exercise like weights or running, biking, walking in nature, swimming, yoga, stretching, massage, acupuncture, watching funny shows on TV, meditating, hot baths or showers, listen or playing music, viewing or making art, eating/cooking healthy comfortable foods like soup, potatoes, turkey; naps, hugs; spirituality, religious figures, television or movie characters, nature symbols, etc)

People	Activity	Places

Calm spot – brainstorm a place in your adult life where you feel relaxed and calm. It could be in nature, at home, or on vacation. It could even be imaginary.

Container – brainstorm an object or place where you can store intrusive thoughts until you are ready to think of them again. It could be a hockey bag, a black hole, a prison, or a treasure chest. And it can be protected in whatever way that feels the most comfortable. For instance, a lock, security cards, a vault belowground, etc.

Object	Place	Method of protection

History Taking: think about the decades in your life and note any positive events you remember

Positive Memory	Image	Thought I am...	Feeling	Body Sensation	Support Person

History Taking: think about the decades in your life and note any negative events you remember

Negative Memory	Image	Thought I am...	Feeling	Body Sensation	SUDS 0-10 (0 neutral 10 intense)

Desensitization

Processing Log – in between sessions, note any event that triggers you whether it is during sleep or waking moments.

Date	Image	Thought	Feeling	Body	SUDS	Coping tool

Notes:
