

EMDR SCRIPT

PHASE 1-8



EMDR SCRIPT WORKSHEET

INTRODUCTION

Eye Movement Desensitization and Reprocessing (EMDR) is a therapeutic approach primarily used to help individuals process and resolve distressing memories and traumatic experiences. It is an integrative psychotherapy method developed by Francine Shapiro in the late 1980s, and it has since been widely recognized for its efficacy in treating post-traumatic stress disorder (PTSD), anxiety, depression, and other trauma-related conditions.



The EMDR process is structured into eight phases, each carefully designed to guide individuals through a comprehensive journey of healing. These phases include history-taking, preparation, assessment, desensitization, installation, body scan, closure, and reevaluation. In the first phase, the therapist gathers essential background information about the client's history, identifying key issues and targets for EMDR processing. The preparation phase equips the client with coping strategies and a sense of safety before delving into deeper work. Assessment focuses on identifying specific target memories and their associated negative beliefs. Desensitization involves using bilateral stimulation, such as eye movements, to reduce the emotional charge of the traumatic memory. Installation strengthens positive beliefs that replace the previously held negative cognition. The body scan phase helps to ensure that physical tension related to the trauma is released. Closure allows the client to return to a state of equilibrium before leaving the session, while reevaluation assesses progress and determines if further treatment is necessary.

EMDR SCRIPT WORKSHEET

HISTORY-TAKING & TREATMENT PLANNING

The first phase involves the therapist gathering a detailed history of the client's background, identifying key traumatic events, current stressors, and negative beliefs. The therapist works with the client to pinpoint the specific memories that will be targeted. This phase also includes an assessment of the client's readiness for EMDR and the development of a tailored treatment plan based on the client's past, present, and future experiences.

Key Tasks:

- Build rapport and trust.
- Identify potential traumatic memories.
- Establish treatment goals and objectives.
- Evaluate the client's coping skills and stability.

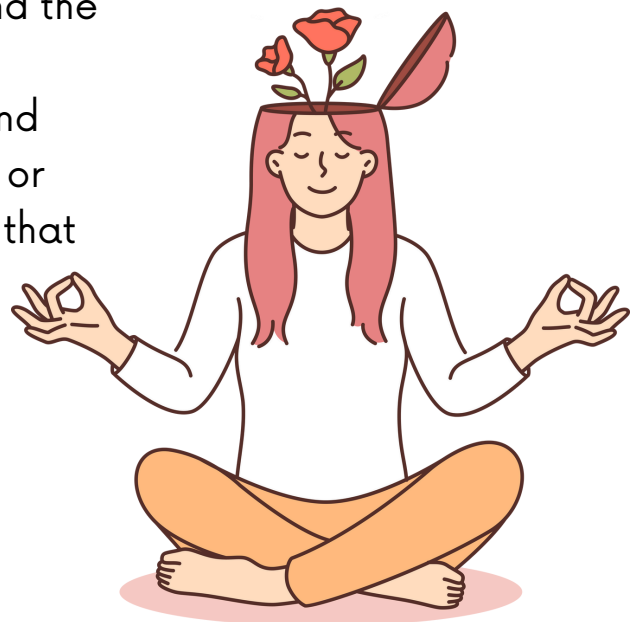


PREPARATION

In this phase, the therapist prepares the client for the EMDR process, ensuring they understand the therapy and what to expect. The therapist teaches the client grounding techniques and coping strategies, such as deep breathing or mindfulness, to manage emotional distress that may arise during the sessions.

Key Tasks:

- Educate the client about EMDR.
- Teach relaxation and stress reduction techniques.
- Create a sense of safety and control.



EMDR SCRIPT WORKSHEET

ASSESSMENT

The assessment phase involves identifying and measuring the target memory that will be processed. The therapist helps the client select a specific image or aspect of the traumatic memory to focus on, along with identifying:

- Negative Cognition (NC): The irrational or unhelpful belief linked to the memory (e.g., "I am powerless").
- Positive Cognition (PC): The more adaptive belief the client would prefer to adopt (e.g., "I am in control"). The client rates the validity of the positive cognition and their emotional distress related to the negative cognition.

Key Tasks:

- Identify the specific target memory.
- Define the negative and positive cognitions.
- Rate emotional distress using the Subjective Units of Disturbance Scale (SUDS).

DESENSITIZATION

During this phase, the therapist guides the client through the reprocessing of the traumatic memory using bilateral stimulation (usually eye movements, but sometimes tapping or auditory tones). The goal is to reduce the emotional charge of the traumatic memory. The therapist will ask the client to focus on the target memory while engaging in bilateral stimulation, periodically pausing to allow the client to report any new thoughts, emotions, or sensations.



EMDR SCRIPT WORKSHEET

Key Tasks:

- Engage in bilateral stimulation (eye movements, tapping, etc.).
- Process the memory and any associated material.
- Reduce emotional distress tied to the memory.

MENTAL HEALTH ISSUES IN ADULTS

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based psychotherapy method developed by Dr. Francine Shapiro in the late 1980s. It is widely used to treat trauma, Post-Traumatic Stress Disorder (PTSD), and other mental health issues in adults.



EMDR is distinct from traditional talk therapy because it integrates eye movements (or other forms of bilateral stimulation) into its structured therapeutic process to facilitate the brain's natural healing process. EMDR therapy is based on the idea that traumatic or distressing events overwhelm the brain's natural ability to process information. This results in the memories of those events becoming "stuck" in the brain's memory network in a way that they continue to negatively affect the individual. EMDR helps to reprocess these memories so that they no longer trigger distress and can be recalled without emotional disturbance.

KEY MENTAL HEALTH ISSUES ADDRESSED

- Trauma and PTSD: EMDR is especially known for its effectiveness in treating PTSD, as it targets and processes the distressing memories of traumatic events, allowing patients to reduce their emotional response and change their beliefs about the trauma.

EMDR SCRIPT WORKSHEET

- Anxiety Disorders: EMDR has shown success in treating panic disorder, generalized anxiety, and phobias by addressing the underlying traumatic experiences contributing to the anxiety.
- Depression: EMDR can be used to address negative beliefs and emotions tied to depression, helping patients to reprocess experiences linked to their depressive states.
- Grief and Loss: EMDR supports individuals in processing the emotional impact of bereavement and loss, offering relief from prolonged or complicated grief.
- Addictions: For those with substance use disorders, EMDR can be used to process the trauma or negative emotions fueling addictive behaviors.
- Other Mental Health Conditions: EMDR is also used for issues like dissociative disorders, chronic pain, and eating disorders, especially when trauma is a contributing factor.

CLIENT HISTORY AND TREATMENT PLANNING

Presenting Problem(s):

(What brought the client to therapy? What symptoms are they experiencing?)

EMDR SCRIPT WORKSHEET

Trauma History:

(List significant traumatic events, losses, or adverse experiences from the past.)

Current Life Stressors:

(Identify ongoing stressors in the client's life.)

Current Coping Strategies:

(How does the client manage their distress? Are there any maladaptive patterns?)

EMDR SCRIPT WORKSHEET

Mental Health History:

(Any prior diagnoses, therapy, medications, or hospitalizations?)

Treatment Goals:

EMDR SCRIPT WORKSHEET

MEMORY MAP ACTIVITY

Phrase	Meaning/Context	Memory Cue
1. "I am safe now."	Affirmation of current safety, grounding in the present.	Picture of a safe place (home, park).
2. "I can handle this."	Empowerment to face challenges and difficult feelings.	Image of a person conquering a mountain.
3. "It's okay to feel this way."	Acceptance of emotions without judgment.	Heart symbol to represent emotions.
4. "I deserve to be happy."	Acknowledgment of self-worth and the right to happiness.	Smiling face or sun symbol.
5. "I have control over my life."	Regaining a sense of control and autonomy.	Image of steering a ship or a car.
6. "I am not my trauma."	Separation of identity from past trauma.	Broken chain links to symbolize freedom.

EMDR SCRIPT WORKSHEET

7. "I can let this go."

Encouragement to release negative thoughts and feelings.

Image of a balloon floating away.

8. "I am resilient."

Recognition of personal strength and ability to recover.

Phoenix rising from ashes or strong tree.

HOW TO USE THE MEMORY MAP GAME

- Review the Table: Go over each phrase and its meaning with the participants.
- Visual Cues: Discuss the memory cues associated with each phrase to help reinforce recall.
- Flashcards: Create flashcards with the phrases on one side and their meanings or memory cues on the other.
- Group Activity: Have participants work in pairs or small groups to quiz each other on the phrases.
- Personal Reflection: Encourage participants to reflect on how each phrase applies to their own experiences.



EMDR SCRIPT WORKSHEET

MINDFULNESS GAME WORKSHEET

Instructions:

This worksheet will guide you through a mindfulness game inspired by EMDR's 8 phases. For each phase, you will complete a task that involves reflection, relaxation, or creative engagement. You can complete this alone or with a partner.

MINDFULNESS TASK: LIFE JOURNEY REFLECTION

- Close your eyes, take three deep breaths, and think about a significant life journey you've experienced.
- Write down or draw three key moments that stand out from this journey.

Reflection Question:

- What emotions come up when you reflect on these moments?

EMDR SCRIPT WORKSHEET

MINDFULNESS TASK: SAFE PLACE CREATION

- Take a few moments to imagine a place where you feel completely safe and calm. It could be real or imagined.
- Describe this place in detail. What does it look like, sound like, and smell like? How does being there make you feel?

Describe your safe place below:

Relaxation Prompt:

- Take three slow breaths while imagining this place. What word would describe the feeling in this place? Write that word below:

MINDFULNESS TASK: SELF-SCAN

- Close your eyes and scan your body from head to toe. Notice any areas of tension or discomfort. Without judgment, observe how you're feeling in those areas.
- **Which areas feel tense or uncomfortable?**

EMDR SCRIPT WORKSHEET

-
-
- What emotion do you associate with this tension?

MINDFULNESS TASK: RELEASING NEGATIVE THOUGHTS

- Write down one negative belief or thought you have about yourself or a situation.
- Imagine this thought as a heavy object. Picture yourself placing it in a stream of water and watching it float away.

Negative Thought:

EMDR SCRIPT WORKSHEET

- After visualizing it float away, how do you feel?

MINDFULNESS TASK: POSITIVE BELIEF INSTALLATION

- Write down a positive belief you would like to have about yourself.
- Close your eyes and repeat this belief to yourself three times. Focus on how it feels to believe this statement.

Positive Belief:

- After repeating it, how do you feel?

EMDR SCRIPT WORKSHEET

MINDFULNESS TASK: BODY AWARENESS

- Close your eyes and once again scan your body. This time, focus on areas that feel relaxed or neutral.
- Write down two areas where you feel the most at ease:

- Do you notice a difference between this scan and the previous one?

MINDFULNESS TASK: GROUNDING

- Focus on your breath. Take a deep inhale, hold for 3 seconds, and exhale slowly. Repeat this three times.
- Then, name:
- 3 things you can see around you.
- 2 things you can hear.
- 1 thing you can feel.

EMDR SCRIPT WORKSHEET

- What do you see, hear, and feel?

MINDFULNESS TASK: SELF-CHECK-IN

- Reflect on your experience with this game. How do you feel now compared to when you started?
- Write down one word to describe how you feel right now:

End of Game Reflection:

- Take a moment to write down any other thoughts, feelings, or insights that came up during this game. Is there something you learned about yourself or your mindfulness practice?

Reflection:

EMDR SCRIPT WORKSHEET

HOW THESE PHASES GUIDE THE THERAPEUTIC PROCESS

EMDR (Eye Movement Desensitization and Reprocessing) is a structured psychotherapy approach that helps individuals process and resolve distressing or traumatic memories. The therapeutic process in EMDR is guided by eight distinct phases, each playing a critical role in facilitating healing and promoting emotional regulation.

HISTORY TAKING AND TREATMENT PLANNING

- Purpose: To gather a comprehensive understanding of the client's background, history of trauma, emotional challenges, and current symptoms.

Process:

- The therapist collects detailed information about the client's life, including past traumatic experiences, emotional triggers, and patterns of distress.
- A treatment plan is developed, focusing on specific traumatic memories or negative beliefs that need processing.
- The client's readiness for EMDR is assessed, ensuring that they have the emotional stability and coping skills necessary for the process.

Guidance for Therapy:

- This phase is crucial for establishing a strong therapeutic alliance.
- It informs the therapist about the client's core issues, allowing for a targeted approach to therapy.



EMDR SCRIPT WORKSHEET

- It sets the groundwork for identifying target memories to be processed in later phases.

PREPARATION

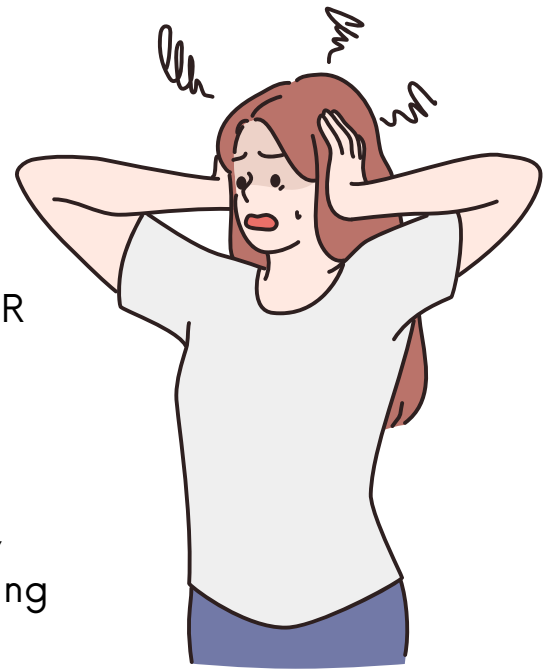
- Purpose: To prepare the client for the EMDR process by providing them with coping strategies and explaining what to expect.

Process:

- The therapist educates the client on EMDR, explaining how the process works and setting expectations for treatment.
- Relaxation techniques, mindfulness, and other grounding skills are taught to help the client manage potential distress during the session.
- Building trust and rapport is emphasized to ensure the client feels safe during the therapeutic process.

Guidance for Therapy:

- Prepares the client emotionally and mentally for trauma processing, reducing the risk of overwhelming emotions.
- Helps the client feel in control by providing tools to manage anxiety and emotional responses during therapy.
- Creates a safe, supportive environment, which is essential for effective trauma work.



ASSESSMENT

- Purpose: To identify specific target memories, negative beliefs, and desired positive outcomes for processing.

EMDR SCRIPT WORKSHEET

Process:

- The therapist and client select a target memory or traumatic event for reprocessing.
- The negative cognition (e.g., "I am powerless" or "I am unworthy") associated with the trauma is identified.
- The therapist also helps the client identify a desired positive cognition (e.g., "I am in control" or "I am worthy") to replace the negative belief.
- Physical sensations and emotional responses tied to the memory are assessed.

Guidance for Therapy:

- Helps define the emotional and cognitive framework for the EMDR session, guiding the reprocessing of specific memories.
- Anchors the client's experience in identifiable thoughts, emotions, and body sensations, which are critical for effective reprocessing.
- Directs the therapeutic focus toward resolving trauma-associated negative beliefs and emotions.

DESENSITIZATION

- Purpose: To reduce the emotional distress and vividness of the target memory through bilateral stimulation (eye movements, taps, or tones).

Process:

- The client is asked to hold the traumatic memory in mind while engaging in bilateral stimulation (typically following the therapist's hand movements with their eyes).



EMDR SCRIPT WORKSHEET

- The therapist facilitates this process until the distress associated with the memory significantly decreases, as measured on the Subjective Units of Disturbance (SUD) scale.
- New associations, insights, or memories may emerge during this phase, which are processed in real-time.

Guidance for Therapy:

- Reduces the emotional charge and intensity of the trauma, allowing the client to view the memory with more distance and objectivity.
- Desensitization reprocesses the memory, facilitating the brain's natural healing processes by integrating the trauma into a more adaptive, neutral memory state.
- The therapist guides the client through emotional responses, helping them stay grounded while processing difficult feelings.

POSITIVE V/S NEGATIVE COGNITIONS

SURVIVAL

- | | |
|--------------------------|-----------------------------|
| • Enhanced Resilience | • Health Benefits |
| • Improved Mental Health | • Greater Life Satisfaction |
| • Better Problem-Solving | • Adaptability |
| • Increased Motivation | • Increased Self-Efficacy |
| • Stronger Relationships | • Cultivation of Gratitude |

EMDR SCRIPT WORKSHEET

SHAME

- Positive Self-Perception
- Fear of Judgment
- Imposter Syndrome
- Social Comparison
- Cultural Expectations
- Internalized Criticism
- Social Stigma
- Blame and Responsibility
- Avoidance Behaviors
- Barriers to Healing

GUILT

- Enhanced Well-being
- Motivational Impact
- Cognitive Dissonance
- Social Comparison
- Responsibility and Altruism
- Increased Anxiety
- Blame and Shame
- Fear of Judgment
- Avoidance Behavior
- Impact on Relationship

RESPONSIBILITY

- Self-Reflection
- Resilience Building
- Optimism Promotion
- Healthy Relationships
- Goal Orientation
- Critical Awareness
- Emotional Management
- Coping Strategies
- Accountability
- Awareness of Impact

EMDR SCRIPT WORKSHEET

SAFETY

- Mental Resilience
- Physical Health Benefits
- Enhanced Problem-Solving
- Improved Relationships
- Increased Motivation
- Risk of Anxiety and Depression
- Reduced Physical Health
- Impaired Decision-Making
- Social Isolation
- Increased Stress Levels

CHOICE

- Impact on Mental Health
- Resilience Building
- Behavioral Influence
- Social Interactions
- Self-Efficacy
- Cognitive Bias
- Physiological Effects
- Decision-Making
- Long-Term Outlook
- Cognitive Flexibility

POWER

- Enhances Well-Being
- Boosts Motivation
- Improves Relationships
- Increases Productivity
- Strengthens Coping Mechanisms
- Promotes Caution
- Drives Improvement
- Encourages Realism
- Facilitates Problem-Solving
- Cultivates Resilience.

EMDR SCRIPT WORKSHEET

VALUE

- Improved Well-being: Positive thinking enhances overall mental health and emotional well-being.
- Resilience: Individuals with a positive mindset are better equipped to cope with stress and adversity.
- Motivation: Positive thoughts foster motivation, encouraging individuals to pursue goals and take action.
- Enhanced Relationships: Optimism improves social interactions and strengthens relationships.
- Greater Creativity: Positive cognition stimulates creative thinking and problem-solving abilities.
- Health Benefits: Positive thinkers often experience better physical health, including lower blood pressure and a stronger immune system.
- Critical Thinking: Negative thinking can promote critical evaluation of situations, leading to informed decision-making.
- Realism: Negative cognition may lead to a more realistic understanding of challenges and risks.
- Caution: It encourages caution, helping individuals avoid potential pitfalls and mistakes.
- Motivation to Improve: Negative thoughts can motivate change and improvement by highlighting areas of concern.
- Awareness of Problems: Negative cognition brings awareness to issues that need to be addressed.
- Preparation for Challenges: Negative thinkers may better prepare for adverse outcomes, reducing potential shock.

EMDR SCRIPT WORKSHEET

- **Increased Productivity:** A positive mindset leads to higher levels of productivity and job satisfaction.
- **Goal Achievement:** Individuals with a positive outlook are more likely to set and achieve their goals.
- **Greater Life Satisfaction:** Positive cognition contributes to a higher sense of life satisfaction and happiness.
- **Attraction of Opportunities:** A positive attitude can attract new opportunities and experiences.
- **Protective Mechanism:** Negative thoughts can act as a protective mechanism against disappointment.
- **Focus on Improvement:** It encourages a focus on personal growth and development.
- **Enhanced Analytical Skills:** Negative cognition may enhance analytical skills, leading to better problem-solving.
- **Social Bonding through Shared Struggles:** Sharing negative experiences can strengthen social bonds and foster support.



EMDR SCRIPT WORKSHEET

PROFESSIONAL DIFFERENCES IN COGNITION

Aspect	Positive Cognition	Negative Cognition
Focus	Growth, empowerment, resolution	Distress, limiting beliefs, trauma
Phases Impacted	Phases 5 (Installation), Phase 8 (Re-evaluation)	Phases 3 (Assessment), Phase 4 (Desensitization), Phase 6 (Body Scan)
Therapeutic Goal	Strengthen adaptive beliefs, promote emotional resilience	Identify, reprocess, and replace maladaptive beliefs
Client Experience	Relief, improved self-worth, emotional closure	Anxiety, distress, recalling painful memories
Cognitive Reframing	From "I am powerless" to "I have control"	From "I am not safe" to "I am safe"

EMDR SCRIPT WORKSHEET

UNDERSTANDING ANXIETY

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an evidence-based treatment designed to help individuals process and alleviate psychological distress, particularly trauma and anxiety-related disorders. For adults experiencing anxiety, EMDR can be a powerful tool to address underlying issues and promote long-term relief. The EMDR treatment process follows eight structured phases, each playing a crucial role in resolving anxiety.



EMDR is particularly effective for anxiety because it targets the root causes—often unresolved trauma or distressing experiences—that underlie anxiety symptoms. The structured, step-by-step approach helps to rewire the brain's response to distressing memories, which leads to symptom relief.

PHASE 1

The first phase involves gathering a comprehensive understanding of the client's background, including life events, psychological history, and current symptoms. The therapist identifies key traumatic memories and triggers related to the anxiety. This phase is crucial for creating a tailored treatment plan to address specific issues, such as panic attacks, generalized anxiety, or social anxiety.

- **Goal:** To assess the client's past, including specific events causing anxiety.
- **Key Actions:** Gathering information, identifying targets, and determining if the client is suitable for EMDR.

EMDR SCRIPT WORKSHEET

PHARSE 2

In this phase, the therapist educates the client about the EMDR process and prepares them for treatment. The goal is to build trust, introduce coping strategies, and ensure the client feels safe throughout the therapy. Techniques like mindfulness, grounding exercises, or guided relaxation are introduced to help manage potential emotional distress during the sessions.

- **Goal:** To equip the client with tools to handle anxiety and increase readiness for processing difficult memories.
- **Key Actions:** Psychoeducation, teaching relaxation techniques, establishing trust

PHARSE 3

The therapist and client identify the specific memory, thought, or image associated with anxiety. They also establish a negative belief the client has about themselves related to that memory (e.g., "I am helpless") and a positive belief they would prefer to adopt (e.g., "I am in control"). This phase includes measuring the emotional distress linked to the negative belief through the Subjective Units of Disturbance (SUD) scale.

- **Goal:** To pinpoint and assess the specific memory and beliefs that fuel anxiety.
- **Key Actions:** Identifying target memory, assessing negative and positive beliefs, establishing SUD scores.



EMDR SCRIPT WORKSHEET

PHARSE 4

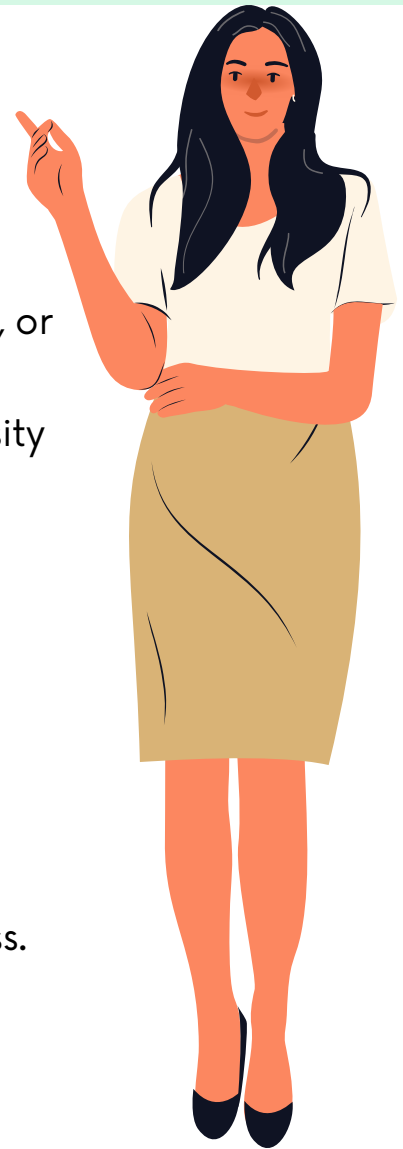
The core of EMDR treatment occurs in this phase. Through bilateral stimulation (eye movements, taps, or sounds), the client reprocesses the distressing memory. The goal is to reduce the emotional intensity of the memory until it no longer causes significant anxiety. The therapist guides the client through multiple sets of stimulation while checking in to monitor any shifts in thoughts, feelings, or physical sensations.

- **Goal:** To desensitize the client to the traumatic memory and reduce its impact on anxiety.
- **Key Actions:** Bilateral stimulation, reprocessing traumatic memories, reducing emotional distress.

PHARSE 5

Once the distress associated with the memory has decreased, the therapist works to install a more adaptive and positive belief. For example, the client may shift from "I am helpless" to "I am strong and capable." The aim is to strengthen this new belief so it becomes the dominant perspective, thereby reducing the influence of anxiety in the client's life.

- **Goal:** To replace negative beliefs with more empowering, positive beliefs.
- **Key Actions:** Installing positive cognition, reinforcing new adaptive thoughts.



EMDR SCRIPT WORKSHEET

PHASE 6

At the beginning of each new session, the therapist and client evaluate the progress made in previous sessions. The therapist checks if anxiety-related memories have been fully processed or if additional reprocessing is necessary. This phase also helps identify any new memories or anxiety triggers that may have emerged.

- **Goal:** To assess progress and determine if further sessions are needed.
- **Key Actions:** Reviewing past work, measuring progress, identifying new targets for treatment.



Non-invasive: EMDR does not require the use of medication and can be completed over a relatively short period.



Long-lasting results: Once distressing memories are fully processed, they often no longer trigger anxiety symptoms.



Applicable to various types of anxiety: EMDR is effective for generalized anxiety disorder (GAD), panic disorder, social anxiety, and phobias, among others.

EMDR SCRIPT WORKSHEET

ANXIETY ACTIVITY

EMDR Phase	Description	Therapist's Role/Activity	Client's Role
1. History Taking	Collect a thorough client history, including anxiety triggers, past trauma, and relevant mental health history.	Ask open-ended questions about the client's anxiety, its history, and possible traumas. Assess their readiness for EMDR. Identify any situations or memories that worsen the anxiety and establish possible target memories.	Share experiences related to anxiety and provide information on any triggering events. Discuss personal goals for therapy.
2. Preparation	Educate the client about the EMDR process, develop a trusting therapeutic relationship, and establish calming techniques.	Explain EMDR and how it works. Teach the client relaxation techniques such as deep breathing, grounding, or safe place visualization to help manage anxiety during the process.	Understand EMDR's purpose and start practicing calming techniques. Express any concerns or expectations about the therapy process.

EMDR SCRIPT WORKSHEET

3. Assessment	Identify the target memory (or memories) related to anxiety, along with the negative beliefs and physical sensations tied to it.	Guide the client in selecting a specific memory related to anxiety. Help them articulate the negative belief (e.g., "I'm not safe") and identify any associated physical sensations.	Focus on a specific memory or situation linked to anxiety. Identify associated beliefs (negative cognition) and sensations that arise when thinking about this memory.
4. Desensitization	Begin bilateral stimulation (BLS), such as eye movements or tapping, while the client focuses on the target memory and associated emotions.	Start the BLS and periodically check in with the client as they process the memory. Guide them back to the memory and let them notice any shifts in emotions, thoughts, or sensations.	Focus on the target memory and allow thoughts, images, emotions, and sensations to come up. Report any changes or shifts during the BLS.

EMDR SCRIPT WORKSHEET

5. Installation	Strengthen positive beliefs that counter the negative cognition (e.g., "I am safe now").	Encourage the client to focus on the positive belief while continuing BLS. Reinforce this new, adaptive cognition to replace the previous negative belief associated with anxiety.	Focus on the new positive belief and try to integrate it with the processed memory. Continue to notice any changes in emotional or physical reactions.
6. Body Scan	Check for any residual physical tension or discomfort related to the anxiety or the processed memory.	Ask the client to perform a body scan, starting from head to toe, to notice any lingering tension, discomfort, or anxiety. If any sensations remain, continue BLS to further process the memory or emotion.	Conduct a mental body scan to detect any lingering physical sensations. Report any sensations that arise, even if subtle.

EMDR SCRIPT WORKSHEET

7. Closure	Ensure the client feels stable and calm after the session. Reinforce grounding techniques.	Help the client use relaxation or grounding exercises if necessary. Discuss any remaining concerns and ensure that the client feels safe and in control before leaving the session.	Engage in grounding techniques and discuss the effectiveness of the session. Make note of any emotions or thoughts that need further processing.
8. Reevaluation	Reassess the client's progress in the following session. Check if the anxiety around the target memory has lessened or disappeared.	Review the previous session's work. Evaluate any new memories, emotions, or thoughts related to the anxiety. If needed, continue working on residual issues or start on new memories.	Reflect on any changes in anxiety since the last session. Discuss any new thoughts, emotions, or situations that have surfaced, and prepare for additional processing if necessary.

EMDR SCRIPT WORKSHEET

EMDR ANXIETY MANAGEMENT WORKSHEET

What are the top 3 memories or situations that cause anxiety?

- **Example: A past event where I felt out of control.**

1. _____
2. _____
3. _____

- How does anxiety affect your daily life (physically, emotionally, socially)?

EMDR SCRIPT WORKSHEET

- What techniques help you relax or feel safe (e.g., deep breathing, visualization)?

- When anxiety arises, how will you ground yourself in the present moment?

EMDR SCRIPT WORKSHEET

- Identify a target memory related to your anxiety.

- How distressing is this memory right now (Rate 0–10)?

- What physical sensations arise when you think about this memory?

EMDR SCRIPT WORKSHEET

What negative belief do you associate with this memory?

- "I am _____" (e.g., "I am powerless.")

- Rate your distress level after reprocessing (0-10):

- What changes in thoughts or emotions did you notice during bilateral stimulation?

EMDR SCRIPT WORKSHEET

What positive belief do you want to associate with the target memory?

- "I am _____" (e.g., "I am in control.")

- How true does this positive belief feel to you now (Rate 1–7)?

- Close your eyes and scan your body. Do you notice any remaining tension or discomfort?

EMDR SCRIPT WORKSHEET

- What calming strategy will you use if any distress arises between sessions?

- How has your physical response changed after reprocessing?

- What can you do to take care of yourself after this session? (Self-care activities)

EMDR SCRIPT WORKSHEET

- How do you feel about the target memory now?

- Are there new memories or triggers related to anxiety that you want to explore?



EMDR SCRIPT WORKSHEET

DEPRESSION

Eye Movement Desensitization and Reprocessing (EMDR) is a structured psychotherapy approach used to help individuals, including adults, process and recover from trauma or distressing life experiences. One of the critical elements of EMDR therapy is its eight-phase protocol, which serves as a guide to help patients reprocess traumatic memories safely and effectively. The first phase, History Taking, involves gathering detailed information about the individual's background, including significant life events and specific trauma triggers.

In this phase, the therapist works to identify the target memories for processing. Phase two, Preparation, focuses on building a strong therapeutic alliance and equipping the patient with relaxation and grounding techniques to manage potential emotional distress during the treatment. Phase three, Assessment, involves identifying specific aspects of the traumatic memory, including vivid imagery, negative beliefs, and physical sensations associated with the trauma, which are rated for distress levels. The Desensitization phase, phase four, is where the core EMDR process occurs; the patient is guided through bilateral stimulation, such as eye movements or tapping, while focusing on the traumatic memory, allowing the brain to reprocess the information. This reprocessing leads to a significant reduction in the emotional charge of the memory.



EMDR SCRIPT WORKSHEET

OVERVIEW OF EMDR THERAPY

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy approach designed to alleviate the distress associated with traumatic memories. While traditionally used to treat PTSD, EMDR has also been proven effective for depression, especially when the depression stems from unresolved traumatic experiences or negative beliefs. EMDR therapy is an evidence-based treatment that uses bilateral stimulation, such as eye movements, to help the brain process distressing memories and reframe negative thoughts.

Depression, characterized by persistent sadness, lack of interest in activities, and feelings of hopelessness, often involves emotional wounds from the past that have not been fully processed. EMDR helps reprocess these painful memories and emotional blocks, facilitating healing.

EMDR therapy is structured into eight phases designed to prepare the client, address distressing memories, and foster healing and empowerment.



In this initial phase, the therapist gathers detailed information about the client's life history, focusing on past traumatic events, adverse life experiences, and symptoms of depression. The therapist identifies key targets for treatment, including:

- Traumatic memories
- Negative self-beliefs (e.g., "I'm worthless")
- Current triggers
- Future goals

This phase helps to determine whether EMDR is appropriate for the client and sets the foundation for creating a personalized treatment plan.

EMDR SCRIPT WORKSHEET

- The therapist ensures the client understands the EMDR process and helps establish a sense of safety and trust. The therapist explains how bilateral stimulation works and reassures the client that they remain in control of the process. To prepare the client for processing distressing memories, the therapist teaches relaxation techniques such as:

- Deep breathing exercises
- Mindfulness practices
- Safe place visualization

These coping strategies empower the client to manage emotional disturbances between and during EMDR sessions.

- This phase identifies specific target memories, including the image, negative belief, emotions, and physical sensations associated with the distressing experience contributing to depression. During assessment, the client and therapist identify:

- The negative cognition related to the memory (e.g., "I'm unlovable")
- A positive belief the client would prefer to believe (e.g., "I'm worthy of love")
- The emotions and physical sensations connected to the memory

The client rates the distress level on a scale of 0-10 (Subjective Units of Distress Scale or SUDS) and the believability of the positive belief using the Validity of Cognition (VOC) scale.



EMDR SCRIPT WORKSHEET

- In this phase, bilateral stimulation (typically through eye movements, tapping, or audio tones) is used to desensitize the emotional intensity of the target memory. The client focuses on the distressing memory while simultaneously engaging in the bilateral stimulation. The therapist guides the process, and the client is encouraged to notice any new thoughts, feelings, or images that arise. This reprocessing continues until the distress associated with the memory is reduced to zero or a manageable level on the SUDS scale. For individuals with depression, this process helps decrease the emotional charge of negative beliefs and experiences that fuel their depressive symptoms.

- The goal of this phase is to strengthen the positive belief identified in the assessment phase. After the distressing memory has been desensitized, the therapist helps the client to focus on and enhance the preferred positive cognition. The client's VOC scale is used to gauge how much they believe the positive belief (e.g., "I'm worthy of happiness"). The process continues until the client fully internalizes the positive cognition. For those with depression, installing positive beliefs such as "I am valuable" or "I deserve happiness" helps shift their internal self-perception and reduce depressive thought patterns. The body scan phase checks for any residual tension or distress related to the memory. The client is asked to bring the target memory to mind and scan their body from head to toe to detect any lingering physical discomfort or negative sensations. This step ensures that any unprocessed emotional or somatic response is addressed. If any discomfort is detected, additional processing occurs. Depression often manifests with physical symptoms (e.g., fatigue, headaches),

EMDR SCRIPT WORKSHEET

- At the end of each session, the therapist ensures the client feels stable and grounded, especially if the processing has not been fully completed. The therapist revisits the relaxation techniques taught in the preparation phase to help the client regain emotional balance. The client may be asked to keep a journal or use relaxation techniques between sessions to handle any residual distress.

Closure is vital for clients with depression, as it ensures they leave the session feeling safe and empowered, minimizing the risk of emotional overwhelm between sessions.

- Each session begins with reevaluation, where the therapist checks in with the client to assess the progress made. The therapist and client review previously processed memories and identify any new target memories or beliefs that have surfaced. The goal is to ensure that the changes experienced during therapy are lasting and to determine whether additional processing is needed for any new or residual issues. For those with depression, reevaluation allows the therapist to assess whether depressive symptoms have improved and to address any new challenges or triggers that may have emerged.

- Reduction in Negative Beliefs: EMDR helps shift deep-rooted negative self-perceptions and limiting beliefs that perpetuate depression.
- Processing of Traumatic Memories: Individuals with depression often have unresolved trauma. EMDR enables the brain to reprocess these memories in a healthier way.
- Symptom Relief: Depression-related symptoms such as hopelessness, lack of motivation, and emotional numbness can significantly improve through EMDR.
- Empowerment: Clients often feel more in control of their emotions and thoughts after EMDR, fostering resilience and emotional regulation.
- Short-Term Treatment: EMDR is considered a relatively short-term treatment, with many clients experiencing relief after 6-12 sessions.

EMDR SCRIPT WORKSHEET

EMDR ACTIVITY



EMDR SCRIPT WORKSHEET

PHOBIAS

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a widely recognized approach used to help individuals process traumatic memories, anxiety, and phobias. In the context of phobias, the eight phases of EMDR are designed to guide adults through a structured process that targets the distressing memories or thoughts fueling their fears.



The first phase, history-taking, allows the therapist to gather a comprehensive understanding of the individual's phobia, identifying triggers and past experiences. In the second phase, preparation, the therapist introduces techniques such as deep breathing and visualization to help the individual manage stress during treatment. Phase three, assessment, focuses on pinpointing the specific memories and negative beliefs associated with the phobia. The fourth phase, desensitization, uses bilateral stimulation, often in the form of eye movements, to gradually reduce the emotional charge of the targeted memory. During the fifth phase, installation, positive beliefs are introduced and strengthened to replace the previously negative associations. The sixth phase, body scan, ensures that any residual physical tension related to the phobia is addressed. In the seventh phase, closure, the individual is helped to return to a state of calm, and the session is brought to a close with the person feeling in control. Finally, phase eight, re-evaluation, occurs in subsequent sessions to assess progress, ensuring that the phobia is being effectively managed, and to determine if further treatment is required. This structured approach, when tailored to an individual's needs, can significantly alleviate the crippling effects of phobias, empowering adults to confront and overcome their fears through the systematic processing of traumatic memories.

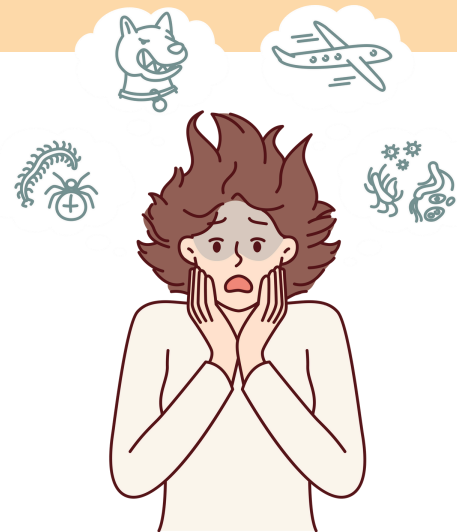
EMDR SCRIPT WORKSHEET

UNDERSTANDING PHOBIAS

Phobias are intense, irrational fears of specific objects, situations, or activities that lead to significant anxiety and avoidance behavior. They can interfere with daily life and overall well-being, prompting the need for effective therapeutic intervention.

COMMON TYPES OF PHOBIAS

Phobias can be categorized into three main types: specific phobias (e.g., fear of spiders or heights), social phobia (fear of social interactions), and agoraphobia (fear of being in situations where escape may be difficult). Each type can lead to different challenges in personal and professional settings.



INTRODUCTION TO EMDR THERAPY

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy approach that helps individuals process traumatic memories and alleviate the distress associated with them. It utilizes bilateral stimulation, typically through guided eye movements, to help clients reprocess traumatic or anxiety-inducing experiences.

EMDR SCRIPT WORKSHEET

THE IMPACT OF PHOBIAS ON DAILY LIFE

Phobias can cause distressing symptoms such as panic attacks, avoidance behaviors, and severe anxiety, which can impact relationships, job performance, and overall quality of life. Understanding the pervasive effects of phobias is crucial for seeking appropriate treatment.

EMDR'S EFFECTIVENESS FOR PHOBIAS

Research has shown that EMDR can be highly effective in treating phobias, as it helps clients confront and reprocess their fears in a safe therapeutic environment. This process can lead to a significant reduction in anxiety and avoidance behaviors over time.

EMDR THERAPY PROCESS

The EMDR process involves eight phases: history-taking, preparation, assessment, desensitization, installation, body scan, closure, and reevaluation. Each phase is designed to guide clients through understanding and processing their fears effectively.



EMDR SCRIPT WORKSHEET

EXPECTED OUTCOMES OF EMDR FOR PHOBIAS

Clients can expect to experience a reduction in phobic reactions, improved coping strategies, and a greater sense of control over their fears. Many individuals report a newfound ability to engage in previously avoided situations, enhancing their overall quality of life.

SEEKING PROFESSIONAL HELP

If you or someone you know is struggling with phobias, seeking help from a qualified mental health professional trained in EMDR can be an effective step toward recovery. A therapist can provide personalized guidance and support throughout the treatment process.

HOW TO OVERCOME CHALLENGES IN THERAPY

Overcoming challenges in Eye Movement Desensitization and Reprocessing (EMDR) therapy for adults requires a multifaceted approach that encompasses preparation, collaboration, and ongoing support. Firstly, establishing a strong therapeutic alliance is essential; the therapist should foster an environment of trust and safety, allowing clients to feel comfortable sharing their experiences.



EMDR SCRIPT WORKSHEET

It is crucial for clients to understand the EMDR process, as education about the therapy can alleviate fears and uncertainties, enabling them to engage more fully. Secondly, identifying and addressing specific triggers can help clients navigate the intense emotions that may arise during sessions. Practicing self-care techniques, such as mindfulness and grounding exercises, can empower clients to manage emotional distress between sessions.



Additionally, clients should be encouraged to communicate openly about their feelings and progress, as this feedback can help the therapist tailor the treatment to their needs. Regularly revisiting and adjusting treatment goals can also promote a sense of achievement and motivation. Lastly, fostering resilience through the integration of coping strategies, such as journaling or creative expression, can further enhance the therapeutic experience, helping clients build a toolkit for managing challenges beyond the therapy room. By embracing these strategies, clients can more effectively navigate the complexities of EMDR therapy, ultimately leading to transformative healing and personal growth.

ESTABLISH A STRONG THERAPEUTIC ALLIANCE

Building a trusting relationship with your EMDR therapist is fundamental. Open communication about your thoughts and feelings can create a safe space, encouraging you to explore challenging memories and emotions without fear of judgment. EMDR therapy can bring up intense emotions and memories. It's essential to discuss and set realistic goals with your therapist, understanding that healing is a process and progress may vary. This clarity helps manage anxiety related to treatment.

EMDR SCRIPT WORKSHEET

PREPARE EMOTIONALLY BEFORE SESSIONS

Engage in self-care activities before therapy sessions, such as deep breathing exercises or mindfulness practices. Preparing mentally can help reduce anxiety and make you feel more grounded when processing distressing memories during EMDR. Grounding techniques can help manage overwhelming emotions during sessions. Techniques such as focusing on your breath, identifying sensory experiences, or visualizing a safe place can keep you anchored in the present moment and help you feel secure.



EMBRACE THE THERAPEUTIC PROCESS

It's common to feel resistance when facing painful memories. Acknowledge these feelings as part of the healing process. Discussing this resistance with your therapist can lead to deeper insights and help you navigate through these challenges. It's common to feel resistance when facing painful memories. Acknowledge these feelings as part of the healing process. Discussing this resistance with your therapist can lead to deeper insights and help you navigate through these challenges. Be kind to yourself throughout the EMDR journey. Understand that it's okay to struggle with difficult emotions or memories. Practicing self-compassion can ease feelings of shame or guilt that may arise during therapy.

EMDR SCRIPT WORKSHEET

TRAUMA

Eye Movement Desensitization and Reprocessing (EMDR) therapy has emerged as a powerful approach for treating trauma in adults, particularly in addressing the lasting effects of distressing life events. This integrative psychotherapy technique is designed to alleviate the emotional distress associated with traumatic memories by using bilateral stimulation, often in the form of guided eye movements.

The process begins with the therapist helping the client to identify specific traumatic memories and the negative beliefs linked to them, allowing for a safe exploration of these distressing experiences. As the client recalls these memories, they engage in rhythmic eye movements or other forms of bilateral stimulation, which facilitates the reprocessing of traumatic information stored in the brain. This dual focus allows for a re-evaluation of the traumatic event, enabling individuals to shift their perception from one of victimhood to empowerment. Throughout the eight phases of EMDR, clients develop healthier coping mechanisms, reduce their emotional reactivity, and ultimately integrate their trauma into their life narrative more adaptively. Research has consistently demonstrated the efficacy of EMDR in reducing symptoms of post-traumatic stress disorder (PTSD) and other trauma-related conditions, providing a pathway for healing that emphasizes resilience and personal growth. As clients progress through the EMDR process, they often report significant improvements in their emotional well-being, enhanced self-esteem, and a renewed sense of hope for the future, showcasing the profound transformative potential of this therapeutic modality.



EMDR SCRIPT WORKSHEET

TRAUMA

What traumatic event do you want to work on?

Describe the memory briefly:

What negative belief do you hold about yourself related to this event?

For example, "I am powerless," or "I am unlovable."

EMDR SCRIPT WORKSHEET

What emotions do you feel when you think about this memory?

List your feelings (e.g., fear, anger, sadness):

What physical sensations do you experience in your body when you recall this memory?

Describe any tension, pain, or discomfort:

As we process this memory, note any changes in your thoughts, feelings, or body sensations:

EMDR SCRIPT WORKSHEET

DISTRESSING

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a comprehensive approach designed to alleviate the distress associated with traumatic memories and other psychological challenges. A crucial component of this therapy involves the "distressing" phase, which focuses on identifying and processing negative beliefs and emotions tied to these memories. During this phase, clients are guided to verbalize their feelings using eight specific phrases, each tailored to facilitate the exploration of their emotional landscape. These phrases encourage individuals to confront their distress in a safe and structured manner, fostering a deeper understanding of their trauma. The therapeutic dialogue typically includes statements such as, "I feel overwhelmed by this memory," which validates the client's emotional experience, and "I wish I could forget this," expressing the desire for relief from the pain. Other phrases might include, "This memory makes me feel powerless," emphasizing feelings of helplessness, and "I fear I will never be free from this," which addresses the pervasive nature of their distress. By articulating these thoughts, clients gain insight into the impact of their experiences on their current functioning. The EMDR process further emphasizes phrases like, "I am ready to let go of this pain," which signifies a readiness for healing, and "I can choose to feel safe now," empowering clients to reclaim a sense of security. The final phrases, such as "I am worthy of peace" and "I can move forward in my life," encapsulate the therapeutic journey toward recovery, highlighting the transition from distress to empowerment. Ultimately, this distressing phase is pivotal in enabling individuals to reprocess traumatic memories, leading to a healthier psychological state and improved overall well-being.

EMDR SCRIPT WORKSHEET

DISTRESSING EMDR: 8 PHASES FOR ADULTS

"It's okay to feel this way."

- Purpose: To normalize feelings of distress, assuring the client that it is a natural part of the healing process.

"I am safe now."

- Purpose: To ground the client in the present moment, reminding them that they are in a safe environment and that the trauma is in the past.

"I can handle this."

- Purpose: To instill a sense of resilience and self-efficacy, empowering clients to face and process their emotions.

"This feeling is temporary."

- Purpose: To reassure clients that distressing emotions are fleeting and will pass, helping them to build tolerance and patience during the EMDR process.

EMDR SCRIPT WORKSHEET

"I can take a break if I need to."

- Purpose: To provide permission for self-care and pacing, reminding clients they have control over the therapeutic process and can pause when feeling overwhelmed.

"I am allowed to express my feelings."

- Purpose: To validate the client's emotional experience, encouraging them to express what they feel without judgment or fear.

"I can focus on my breathing."

- Purpose: To anchor clients in a physical and calming practice, helping them to manage anxiety or panic that may arise during distressing moments.

"I am supported through this process."

- Purpose: To reinforce the idea that they are not alone; therapists and loved ones are available to provide emotional support throughout their journey.

EMDR SCRIPT WORKSHEET

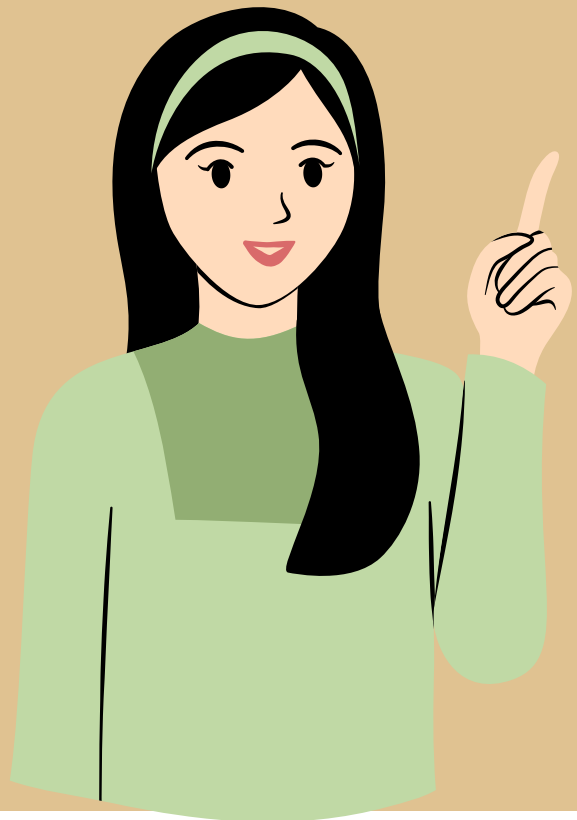
EMDR THERAPY WORKSHEET

Phase 1: History Taking

- Goal: Gather information about the client's history, current issues, and identify targets for EMDR.
- Key Questions:
 - What traumatic experiences would you like to address?
 - How do these experiences affect your daily life?

Phase 2: Preparation

- Goal: Establish a therapeutic relationship and prepare the client for EMDR.
- Key Activities:
 - Discuss what EMDR is and how it works.
 - Introduce relaxation techniques (e.g., deep breathing, visualization).



EMDR SCRIPT WORKSHEET

Phase 3: Assessment

- Goal: Identify specific memories and associated negative beliefs.
- Key Components:
 - Target Memory: _____
 - Negative Belief: _____
 - Positive Belief (desired): _____
 - SUDS (Subjective Units of Distress) Score (0-10):

Phase 4: Desensitization

- Goal: Reduce the distress associated with the target memory through bilateral stimulation.
- Instructions for the Therapist:
 - Guide the client through sets of bilateral stimulation (e.g., eye movements, taps).
 - Monitor the client's SUDS score and emotional responses.

Phase 5: Installation

- Goal: Strengthen the positive belief associated with the target memory.
- Instructions:
 - Reinforce the positive belief by continuing bilateral stimulation.
 - Check in on the client's feelings about the positive belief.
 - Positive Belief SUDS Score:

EMDR SCRIPT WORKSHEET

Phase 6: Body Scan

- Goal: Identify and process any residual physical tension related to the target memory.
- Instructions:
 - Ask the client to focus on the target memory and notice any physical sensations.
 - Use bilateral stimulation to address any discomfort.

Phase 7: Closure

- Goal: Return the client to a state of equilibrium.
- Instructions:
 - Use grounding techniques and review the session.
 - SUDS Score Post-Session: _____
 - Discuss any insights or feelings that arose during the session.

Phase 8: Reevaluation

- Goal: Assess the progress made and plan for future sessions.
- Key Questions:
 - How do you feel about the target memory now?
 - What changes have you noticed since the last session?
 - Future Targets: _____

EMDR SCRIPT WORKSHEET

ADDITIONAL NOTES

Therapist Observations

EMDR SCRIPT WORKSHEET

NEGATIVE BELIEFS

Eye Movement Desensitization and Reprocessing (EMDR) therapy has gained recognition for its effectiveness in treating trauma and other mental health issues. However, several negative beliefs and misconceptions about EMDR persist among adults, potentially hindering their willingness to engage in the treatment. Firstly, some individuals believe that EMDR is merely a fad or trend in therapy, questioning its long-term efficacy and scientific backing.

This skepticism is compounded by the perception that EMDR is too simplistic or easy, leading to doubts about whether significant emotional healing can genuinely occur through such a method. Additionally, some may fear that the process of reprocessing traumatic memories could exacerbate their symptoms or lead to emotional distress, creating resistance to the therapy. The concern over losing control during sessions also arises, as clients may worry that the therapist will push them to confront painful memories they are not ready to face. There is also a belief that EMDR is only suitable for severe trauma cases, causing those with less pronounced issues to dismiss it as a viable option for their mental health concerns. Furthermore, misconceptions about the therapist's role can lead individuals to believe they will be left unsupported during the emotional processing stages. This fear of isolation may deter individuals from seeking EMDR treatment altogether. Lastly, the notion that EMDR may not address the root causes of their issues but rather serve as a temporary fix can prevent clients from committing to the process. Addressing these negative beliefs through education and open dialogue is essential to encourage more individuals to explore the potential benefits of EMDR therapy.



EMDR SCRIPT WORKSHEET

NEGATIVE BELIEFS ACTIVITY

"I am not safe."

- Explanation: This belief may stem from past trauma where the individual felt threatened or violated. It can lead to heightened anxiety and hypervigilance.
- Therapeutic Strategy: Establish a sense of safety in the therapeutic environment. Use grounding techniques and reassurance to help the client feel secure during sessions.



"I am powerless."

- Explanation: Traumatic experiences can instill feelings of helplessness. This belief can prevent individuals from taking action in their lives.
- Therapeutic Strategy: Empower clients by helping them identify strengths and resources. Use EMDR to reprocess memories that contribute to this belief, aiming to instill a sense of agency.

EMDR SCRIPT WORKSHEET

"I am unworthy."

- Explanation: Individuals may internalize negative messages from past relationships or experiences, leading to feelings of low self-worth.
- Therapeutic Strategy: Incorporate positive affirmations and explore the origins of this belief. EMDR can help challenge and reframe negative self-perceptions.

"I will never heal."

- Explanation: A sense of hopelessness may arise from prolonged trauma or ineffective past treatments, leading to a belief in perpetual suffering.
- Therapeutic Strategy: Normalize the healing process by sharing that recovery takes time. Use EMDR to focus on moments of progress and hope, reinforcing the belief in potential healing.

"I am to blame."

- Explanation: Victims of trauma often feel responsible for what happened, leading to guilt and shame that obstruct healing.
- Therapeutic Strategy: Validate their feelings but also challenge the blame. Use EMDR to help them process the trauma, separating their identity from the actions of others.

EMDR SCRIPT WORKSHEET

"I cannot trust anyone."

- Explanation: Past betrayals or traumas can lead to a general distrust of others, impacting relationships and support systems.
- Therapeutic Strategy: Gradually rebuild trust in the therapeutic relationship. Use EMDR to address specific incidents that led to this belief, while fostering a supportive environment.



"I am broken."

- Explanation: Trauma can lead individuals to feel irreparably damaged, fostering feelings of inadequacy and despair.
- Therapeutic Strategy: Highlight resilience and survival skills. EMDR can help clients reprocess traumatic events, promoting a narrative of strength rather than brokenness.

"I will always be alone."

- Explanation: This belief may stem from feelings of isolation during traumatic events or a perceived lack of support in recovery.
- Therapeutic Strategy: Encourage connection with support systems and foster community involvement. Use EMDR to explore memories that contribute to this belief and create a vision for supportive relationships.

EMDR SCRIPT WORKSHEET

REPROCESSING MEMORIES

Eye Movement Desensitization and Reprocessing (EMDR) is a therapeutic approach designed to help individuals process and integrate traumatic memories, leading to reduced emotional distress and improved mental well-being. The effectiveness of EMDR lies in its structured phases, particularly during the reprocessing stage, where clients focus on eight critical phrases that facilitate the reprocessing of memories.



These phrases encourage individuals to confront distressing thoughts and feelings while simultaneously engaging in bilateral stimulation, such as guided eye movements. For adults, the reprocessing phase often begins with the phrase "I can think about this now," which helps to establish a sense of safety and readiness to explore difficult memories. Following this, phrases like "This happened to me," and "I'm not the only one," encourage recognition of the trauma and promote feelings of connection and validation. As the process continues, phrases such as "I can choose how to feel about this" and "I am in control now" empower individuals to reclaim agency over their experiences. The inclusion of phrases like "I can let this go" and "I can move forward" further emphasizes the therapeutic goal of facilitating healing and fostering resilience. Ultimately, the EMDR reprocessing phase culminates with affirmations such as "I am deserving of peace" and "I am worthy of love," which not only reinforce self-acceptance but also cultivate a hopeful outlook on the future, allowing adults to integrate their past experiences into a healthier narrative. This structured approach not only aids in the effective reprocessing of traumatic memories but also fosters a deeper understanding of self and a renewed sense of empowerment.

EMDR SCRIPT WORKSHEET

8 PHRASES FOR REPROCESSING MEMORIES

- ☐ **"I am safe now."**
 - Encourages a sense of safety and distance from the trauma.

- ☐ **"I can control my emotions."**
 - Helps clients feel empowered over their emotional responses.

- ☐ **"This memory is just a part of my story."**
 - Frames the traumatic memory as a single chapter rather than a defining aspect of identity.

- ☐ **"I can learn from this experience."**
 - Encourages a perspective of growth and resilience.

- ☐ **"I am not alone."**
 - Reminds clients of support systems and connections.

EMDR SCRIPT WORKSHEET

- **"It's okay to feel how I feel."**
 - Validates emotions and encourages acceptance.

- **"I deserve peace and happiness."**
 - Promotes self-worth and the right to positive experiences.

- **"I am moving forward."**
 - Emphasizes progress and the ability to leave trauma behind.

Reprocessing memories through EMDR is a powerful tool for adults seeking to overcome the effects of trauma. The eight phrases serve as affirmations that can be integrated into the therapeutic process, helping clients navigate their emotions and develop a healthier outlook on their past. The collaborative nature of EMDR fosters a supportive environment, enabling individuals to reclaim their narratives and find healing. As with any therapeutic approach, EMDR should be conducted by a trained and licensed professional to ensure safety and effectiveness in the healing process.



EMDR SCRIPT WORKSHEET

AFTERCARE

Aftercare following Eye Movement Desensitization and Reprocessing (EMDR) therapy is a crucial component of the therapeutic process, designed to support clients as they integrate their experiences and manage potential emotional responses after sessions. It is essential to encourage adults to engage in self-care activities, such as practicing mindfulness or relaxation techniques, to foster emotional regulation and reduce anxiety.

Clients should also be advised to maintain a journal to document their feelings, thoughts, and insights that arise after sessions, as this can aid in processing their experiences and tracking their progress over time. Establishing a strong support system is vital; therefore, clients are encouraged to connect with trusted friends or family members who can provide empathy and understanding as they navigate their healing journey. Additionally, setting realistic expectations for their emotional responses is important, as feelings of sadness, anger, or confusion may surface, and recognizing these as part of the healing process can alleviate distress. Moreover, clients should be informed about the potential for flashbacks or vivid memories, emphasizing the importance of grounding techniques to manage these occurrences effectively. Seeking additional support from mental health professionals, such as counseling or group therapy, can also be beneficial in reinforcing the gains made during EMDR. Lastly, clients are urged to be patient with themselves, allowing time for healing and integration, as each person's journey is unique and may require different approaches to aftercare.

