

Group EMDR Worksheet

Step 3 GOOD MEMORY

Step 5 DISTANCING DISTURBANCE

[0-10] **PoD 3**

Step 4 POSITIVE THOUGHTS

I'm safe (enough) now, I have strengths

I can cope I can (learn to) choose

It happened / it's over. how to respond.

I survived I have hope

I did what I could I learned from it

Other.....

Step 6 OVERALL

[0-10]

Episode rating [0-10]:

Episode positive thought:

Step 2 BEGINNING of the DIFFICULT TIME

[0-10]

[0-10] **PoD 2**

Step 1 SAFE /CALM PLACE

Before After

[0-10] Earth - Air - Water - Light [0-10]

[0-10] **PoD 1**

DATE THEN

.....

TRAUMA EPISODE

DATE TODAY

.....