EYE MOVEMENT DESENSITIZATION (EMD) FOR UNLINKING EMOTIONAL RESPONSES WORKSHEET

Purpose: To desensitize or unlink emotions from triggers, behaviors and body sensations.

Target Emotion/Experience: 

Picture: “When you think of that emotion/experience, what picture do you see?” Or, “When you think of that emotion/experience, where do you feel it in your body?”

Negative Cognition: “What is the negative (bad) thought you have about yourself now?”

Positive Cognition: “What is the positive (good) thought you have about yourself now?”

OPTIONAL FOR EMD AND EMOTIONAL REGULATION

Validity of Cognition (VOC): “When you think of the emotion/experience how true do the words ______________ (PC) feel to you now on a scale of 1 to 7, where 1 feels completely false and 7 feels completely true?”

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Emotions: Have already been identified in the Target Emotion/Experience.

SUD: The SUD has already been identified on the measuring scale.

Body Sensation: “Where do you feel it in your body now?” _________________

Desensitization: “Think about the emotion/incident and those words ______________ (NC) and follow my fingers.” [12 to 15 repetitions of BLS or shorter in order to limit access to associations.]

After each set: “Take a breath.” [Pause] “What are you noticing (thoughts, emotions, or body sensations) now?”

Return to Target: “When you bring up the emotion/experience and the negative (bad) thoughts ________________, on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you could imagine, how disturbing does it feel to you now?”

Use additional (short) sets of BLS until the disturbance is as low as the client can go. Once the SUD has stopped decreasing, move to Installation.