

EMDR Future

Name

Date

Identify target future state: Visualize the desired future outcome or state related to the specific issue you are addressing.

Positive cognition: Choose a positive belief or affirmation about your future self in relation to the target issue.

Emotional state: Imagine the emotions you would like to feel in this future scenario. It could be feelings of calmness, confidence, joy, or peace.

Sensory associations: Connect sensory details to this future scene. What do you see, hear, smell, taste, and feel in this positive future moment?

Future safety: Envision yourself feeling safe and secure in this future scenario. Emphasize the elements contributing to your sense of safety.

Reinforcing the positive: Reflect on how achieving this future state will positively impact your life. Consider the changes, improvements, and benefits it brings.

Additional notes