

EMDR Resourcing

This worksheet is designed to assist you in developing and accessing internal resources to support your journey through Eye Movement Desensitization and Reprocessing (EMDR) therapy. By utilizing this template, you can organize your resources effectively and enhance your EMDR therapy experience.

Section 1: Identifying Internal Resources

Take some time to reflect on your internal strengths, positive memories, and coping mechanisms. Consider moments when you felt safe, supported, and resilient. Write down these resources in the provided spaces below.

- 1. Safe Place:** Describe a location or environment where you feel completely safe and at ease.
 - 2. Supportive Figure:** Identify someone from your past or present who provides comfort and encouragement.
 - 3. Positive Memory:** Recall a specific memory that evokes feelings of joy, happiness, or accomplishment.
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Section 2: Cultivating Awareness

Now, focus on cultivating awareness of your internal resources. Use the Butterfly Hug technique or deep breathing exercises to connect with your resources. Notice how these resources affect your emotions and provide a sense of calm and reassurance.

Section 3: Forming a Resource Toolbox

Based on the resources you've identified, create a resource toolbox that you can access during EMDR sessions. Include visualizations of your safe place, affirmations, and supportive figures. Use the provided space to list your resources and any additional notes.

Section 4: Accessing Resources During EMDR

During EMDR sessions, refer to your resource toolbox to stay grounded and regulated. Practice accessing your internal resources through visualization and mindfulness techniques. Remember that these resources are here to support you throughout your healing journey.