

# EMDR Script

Take a moment to settle into a comfortable position and find your center in this space. Allow yourself to fully embrace the sights, sounds, and sensations that surround you. Now, let's shift our focus to your breath. Take a deep inhale, filling your lungs with rejuvenating air, and exhale slowly, releasing any tension. With each deep breath, you'll feel a greater sense of relaxation and presence.

Now, in this safe space, bring to mind the image or memory you wish to focus on. Observe any thoughts, emotions, or physical sensations that arise without judgment. When you feel ready, we'll begin the bilateral stimulation. Simply allow your eyes to follow the movement, embracing whatever unfolds. Remember, you are in control and can pause at any time. We'll proceed at your pace, prioritizing your well-being.

After a few moments, take another deep breath and gently return to the present moment. Now, let's explore your emotions. What do you feel as you bring this image or memory to mind? It may be helpful to close your eyes and tune into the physical sensations in your body. Notice any tension, tightness, warmth, or coolness. Allow yourself to fully experience the emotions that arise without resistance or the need to change them.

As you continue to breathe deeply and focus on your emotions, remember that it is safe to embrace and express these feelings. Emotions are a natural part of the human experience, and by acknowledging them, we gain a deeper understanding of ourselves and our journey. You may also notice thoughts arising as you explore your emotions. Rather than analyzing or judging these thoughts, let them pass by like clouds in the sky. With each breath, allow yourself to feel more present and grounded in your body.

Take a few moments now to continue this practice of deep breathing and exploring your emotions. Remember, you are safe and supported in this space, and you can always return to this practice whenever you need it.

As we near the end of this session, take a moment to reflect on your experience. How do you feel now compared to when we began? Have any insights or realizations emerged for you?

Remember, self-care is an ongoing journey that requires time and patience. Be gentle with yourself and know that you have the power to prioritize your well-being.

Thank you for dedicating this time to yourself. Continue to prioritize your mental and emotional health, as it is crucial for a fulfilling life. Remember, self-care is not selfish; it is essential and beneficial for both yourself and those around you.

## Additional notes