

# EMDR Worksheet

Eye Movement Desensitization and Reprocessing (EMDR) aims to help individuals cope with trauma by focusing on the positive.

This *EMDR Worksheet* for practitioners provides four categories of common negative cognitions and example positive counterparts that can be used as replacements.

## Instructions

EMDR involves coupling negative cognitions with a chosen target image. Clients select a positive replacement cognition to replace it - helping them reprocess their traumatic memories into more adaptive cognitions.

This *EMDR Worksheet* contains some useful examples of common trauma-related negative and positive cognitions to help clients select a positive cognition.

There are four categories in this resource:

1. **Accountability**
2. **Self-Deficiency**
3. **Safety/Security, and**
4. **Control**

## Negative and Positive EMDR Cognitions

Negative	Positive
<b>Accountability</b>	
<p>That was my fault.</p> <p>I should have taken action.</p> <p>I should have tried harder.</p> <p>I am to blame.</p> <p>It was my mistake.</p>	<p>I was not responsible.</p> <p>I did all I could.</p> <p>I did everything possible.</p> <p>It is not my fault.</p> <p>It was out of my control.</p>
<b>Self-Deficiency</b>	
<p>I am incapable.</p> <p>I don't deserve respect.</p> <p>I am impossible to love.</p> <p>I am worthless.</p> <p>I am flawed.</p>	<p>I am competent.</p> <p>I deserve to be treated with respect.</p> <p>I am lovable.</p> <p>I am a worthwhile person.</p> <p>I am perfectly fine.</p>
<b>Safety/Security</b>	
<p>It is not safe to trust others.</p> <p>I am at risk.</p> <p>I can't look after myself.</p> <p>I can't open up.</p> <p>I am unsafe.</p>	<p>I can trust others and still protect myself.</p> <p>I am safe.</p> <p>I can protect myself.</p> <p>I can safely share my emotions.</p> <p>I am safe and secure.</p>
<b>Control</b>	
<p>I am powerless.</p> <p>I am helpless.</p> <p>I am weak.</p> <p>I make no difference.</p> <p>I am vulnerable.</p>	<p>I have enough control.</p> <p>I can help myself.</p> <p>I am capable.</p> <p>I can take charge of my future.</p> <p>I am in control.</p>