Antidote imagery log

This tool logs antidote imagery to remember it after a session. It is unlikely to be effective without EMDR installation requiring a therapist.

PROGRESS PSYCHOTHERAPY

Describe the pain you processed- where is it, how does it feel, what do you imagine about it, associated feelings etc.
What image did you get during processing that reduced the pain, describe it as much as you can remember.
How did this antidote image change your pain, thoughts and feelings?
Cue phrase (connected with the image and positive changes)- use this to help reconnect with the antidote image and the feelings.

© 2025 Robert Fulton (trading as Progress Psychotherapy®) Licensed under CC BY-SA 4.0