EMDR FSAP formulation & plan

PROGRESS PSYCHOTHERAPY

People can become addicted to many things like substances (dugs, alcohol, nicotine, etc.) or compulsive behaviours (gambling, spending, sex, etc.) if they become Dependant on a certain feeling state. A feeling state is a desired feeling and all the positive sensations that come with it. The desire for the positive feeling is linked to the behaviour that elicited that feeling (using a substance, gambling, etc). and the behaviour becomes compulsive.

My addiction- what is it and how often do I do it

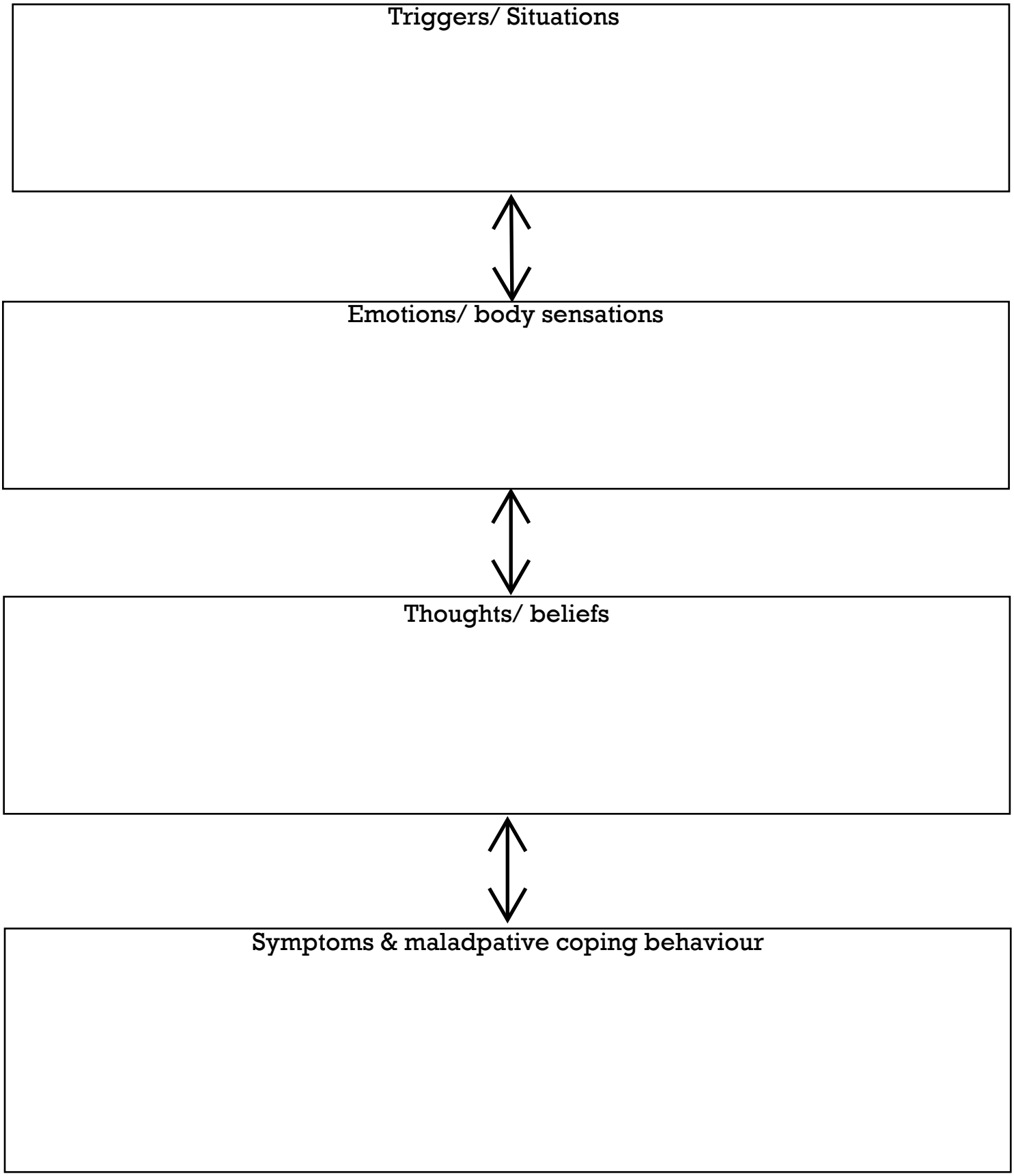
This behaviour becomes compulsive as an attempt to achieve a desired feeling state A feeling state happens we we do a behaviour to meet the desire. It is made of emotions, physical sensations, thoughts and any other positive psychological process. It could be pleasure, joy, confidence, acceptance or anything else. Consider the feeling state your addiction is trying to achieve and what it feels like.

My feeling state

The need for this feeling state often goes back to an event or set of events. They could have been negative events that made you feel a lack of the feeling state. Or even positive events that made you feel dependent on the feeling state. Think about events that may be connected for your need for the feeling state.

Relevant events

A need for the feeling state or the events may trigger things for people. This will cause emotions, physical sensations, thoughts/ beliefs and behaviours. These may cause maladaptive coping (addictive behaviour of course but other maladaptive behvaiour is relevant too).



By processing the feeling state then events they can be processed. In this last section, define your mental health goals and the future you would like to have to chart where we are going.

My goals

My vision for my future

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