Future template log

This tool logs a future template to remember it after EMDR processing
It is unlikely to be effective before EMDR therapy.

PROGRESS PSYCHOTHERAPY

Situation- what challenge may it be possible to changein after processing?
Most positive thought about yourself from processing (usually an I statement you believe to be true)
How did it feel to believe this thought?
Image- what image did you get from going into the situation with that belief and those feelings. How did you handle it?

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