Resource development log

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

PROGRESS PSYCHOTHERAPY

The distress you worked on- a situation, feeling, etc.
What skill, quality or resource did you identify to help with this?
What thoughts, feelings, physical sensations came up when you installed a time you (or someone else) demonstrated this resource in session.
Cue phrase (connected with the resource and positive feelings)
How did you picture the resource helping you manage the distress

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