

CASE NO. /
NAME.....DATE.....

PHASE 3 (ASSESSMENT) CHECKLIST

1 SELECTING THE PICTURE

Therapist :

**“What happens when you think of the incident?” or
“When you think of the incident, what do you get?”**

MEMORY
IDENTIFIED.....

Therapist :

“What picture represents the entire incident?” if many choices or client confused then:
“What picture represents the worst part of the incident?” if no picture available then:
“Think of the incident.” Remember dominant memory may not be a picture.

IMAGE
SELECTED.....

2 IDENTIFYING THE NEGATIVE COGNITION

Therapist :

**“What words best go with the picture that express your negative belief about
yourself now?”**
or invite client to hold picture and ask client :
“What disturbing thoughts do you have about yourself?”

Now tick the following : The selected cognition is irrational.....self-referencing..... in the present
tense..... generalisable..... and neither a description of circumstances..... nor emotions.....

NB : EMDR will not change ecological cognitions (e.g. as in currently occurring events), nor functional responses (e.g.
anxiety to stimulate a correct response) nor descriptions of past events.

POTENTIAL (not exhaustive) LIST OF NEGATIVE COGNITIONS

SELF DEFECTIVENESS / I AM SOMETHING WRONG

I don't deserve love
I am a bad person
I am terrible
I am worthless
I am shameful
I am not loveable
I am not good enough
I deserve only bad things
I am ugly
I am permanently damaged
I do not deserve.....
I am stupid
I am insignificant
I am a disappointment
I deserve to die
I deserve to be miserable
I don't belong

SAFETY / VULNERABILITY

I cannot be trusted
I cannot trust myself
I cannot trust anyone
I cannot trust my judgement
I cannot protect myself
I am in danger
It's not OK to show my emotions
I cannot let it out
I cannot stand up for myself

CONTROL / CHOICE

I am not in control
I am powerless / helpless
I am weak
I cannot get what I want
I am a failure
I cannot succeed
I have to be perfect
I cannot stand it

RESPONSIBILITY / I DID SOMETHING 'WRONG'

I did something wrong
I should have done something
I should have known better

NEGATIVE COGNITION

SELECTED.....

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3 DEVELOPING THE POSITIVE COGNITION

Therapist :

“When you bring up the picture, what would you like to believe about yourself now?”

Tick the following : The selected cognition is : self-referencing..... in the present tense..... generalisable..... and the most powerful statement the client can at present conceive of..... Is related to the negative cognition.....

NB : Avoid all negatively worded cognitions (e.g. ‘I am not a bad person’). Avoid all irrational absolutes (e.g. ‘I will always succeed’). If the overriding emotion is fear of the past event then consider a ‘generic’ positive such as ‘It’s all over’ or ‘I’m safe now’.

POTENTIAL (not exhaustive) LIST OF POSITIVE COGNITIONS

RESPONSIBILITY/SELF-DEFECTIVENESS

- I deserve love
- I am fine as I am
- I am honourable
- I am deserving
- I am fine
- I can have.....
- I am significant
- I deserve to live
- I did the best I could
- I can learn
- I am a good person
- I am worthy
- I am loveable
- I deserve good things
- I can be healthy
- I am intelligent
- I am a OK as I am
- I deserve to be happy
- I learned from it
- I do the best I can

SAFETY

- I can be trusted
- I can trust my judgement
- I can protect myself
- I can safely show my emotions
- I can let it out
- I can learn to trust myself
- It’s over now
- I am safe now
- I can make my needs known

CONTROL / CHOICE

- I can be myself
- I am now in control
- I am strong
- I can succeed
- I am capable
- I now have choices
- I can get what I want
- I can handle it

POSITIVE COGNITION

SELECTED.....

4 RATING THE VALIDITY OF COGNITION

Therapist : **“When you think of the picture, how true do the words (positive cognition) feel to you now on a scale of 1 to 7 where 1 feels completely false and 7 feels completely true?”**

NB : If the client rates the positive cognition as 1, is the positive cognition not actually possible, flawed, not applicable or ecologically invalid?, if so the positive cognition is likely to be unsuitable or will need to be modified.

VALIDITY OF COGNITION RATING.....

5 NAMING THE EMOTION

Therapist : **“When you bring up the picture and the words (negative cognition), what emotion do you feel now?”**

NB : Don’t confuse emotions with cognitions : there is no such emotion as (e.g.) ‘I feel as though I failed’.

NAMED

EMOTION.....

6 ESTIMATING SUBJECTIVE UNITS OF DISTURBANCE (SUDS)

Therapist : **“On a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”**

SUDS RATING.....

7 IDENTIFYING BODY SENSATIONS

Therapist : **“Where do you feel the disturbance / emotion in your body.”**

NB : It is not necessary to ask the client for a description of the sensation. Does the client need coaching to assess the location of the disturbance? Alternatively ask the client where in the body they feel (e.g.) the 8 SUDS.)

LOCATION OF DISTURBANCE IN

BODY.....