

## S.A.F.E. EMDR Worksheet

### STEP ONE- Preparation

- The Answer Questionnaire
  - The Arrows Sheets
  - Determine/practice a resource
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### STEP TWO- Set up

- Mechanics worksheet
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### STEP THREE- Finding the Problem

- Finding the problem sheets
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### STEP FOUR- Finding the Targets: Getting to the Root of the Present Issue

- Going back through what is more difficult for them rather than the answer
  - This process should not take long, you are activating the limbic system not discussing things in great detail. If you are taking too long here you are likely on the wrong track or your answer is present as the therapist.
  - Get to the earliest memory and move to phase 3.
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### STEP FIVE- Assessment/Activation

- **Picture:**
  - “What picture or image represents the worst part of the memory?”
- **Negative Cognition:**
  - “When you bring up that picture, what negative belief do you have about yourself now?”
    - NC: \_\_\_\_\_
- **Positive Cognition:**
  - “When you bring up that picture, what would you prefer believe about yourself now?”
    - PC: \_\_\_\_\_
- **VoC:**
  - “When you think of that picture, how true does (repeat the PC) feel to you now on a scale of 1 to 7, where 1 feels completely true and 7 feels completely false?”
    - (Completely False) 1..2..3..4..5..6..7 (Completely True)

- **Emotion/Feelings:**
    - “When you bring up the picture and those words (repeat the NC)
  - **SUD:**
    - “On a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?”
      - (Neutral) 0....1....2....3....4....5....6....7....8....9....10 (Highest Disturbance)
  - **Body Location:**
    - “Where do you feel it in your body?”
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## STEP SIX- Desensitization

**Say:** “I’d like to invite you to bring up that picture, the negative belief, (repeat the negative cognition), and notice where you feel it in your body and I will begin the BLS.”

**After Set:** “What do you notice now?” (Let the client answer) “Go with that.”

**Processing and channels:** Continue processing with several sets of the BLS until no new disturbing material is coming up.

**Back to Target:** “When you go back to the original experience what do you get now?”  
(Continue doing this until no new disturbance and it feels like the client has a low SUD)

**Checking SUD:** “When you bring up the experience, on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now?”  
(If SUD is higher than 1 keep doing sets until it gets to a 0 or time runs out. If the SUD is a 0 do one more set until you get a 0 twice.)  
**Move to Installation**

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## STEP SEVEN- Installation

Linking the desired positive cognition with the original memory/incident.

**Ask:**

- “Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?”
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- “Think about the original incident and those words (repeat the PC), from 1, completely false to 7, completely true, how true do they feel to you now?”

(Completely False) 1...2...3...4...5...6...7 (Completely True)

- “Bring up the original incident and the words (repeat the PC).” Do BLS. Ask, “What do you get now?”

Continue installation as long as the material is becoming more adaptive. If the client reports a 7, do the BLS again to strengthen and continue until it no longer strengthens. Go on to phase 6, Body Scan.

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## **STEP EIGHT- Body Scan**

**(only do this step if you have gotten a “Zero” SUD and VoC 7)**

“I’d like to invite you to close your eyes or leave them open. Bring up the original incident and the words (repeat the PC), and mentally scan your entire body. Tell me where you are feeling anything.”

If any sensation is reported: “Focus on that.” If a positive sensation is reported, offer BLS to strengthen the positive feeling. If a discomfort is reported, reprocess until the discomfort subsides.

## **STEP NINE- Closure**

Depending on time choose one of two steps:

- 1. You successfully completed the target...**
  - a. If time is up you can read the closure statement for a complete session.
  - b. If you still have time (an extended session), check the next chronological targets to see if there is still a charge.
  - c. Repeat steps 5, 6 and 7 with the next target.
  - d. Process all PAST and PRESENT targets that still have a disturbance.
  - e. If PAST and PRESENT targets are complete, proceed to Future Template
- 2. You have an incomplete session- (SUD higher than a “zero)**

- a. Report the need to stop..”We are almost out of time and we will need to stop soon. What do you need to be able to stop?”
  - b. **Do Not** move on to Installation of Positive Cognition or the Body Scan.
  - c. Give encouragement: “You have done some good work today and I appreciate the effort you have made. What feels like the most important thing you have learned?”
  - d. Offer a resource, suggest one that you feel would be appropriate like a container or somatic resource.
  - e. Read the closure statement.
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### **FUTURE TEMPLATE SCRIPT**

We choose one of the future desired stated relating to the present triggers to focus on. Identify how the client would like to respond instead of the current response to the present triggers. Together with the client choose which present trigger/future template will be addressed.

**Say:** “We have addressed the past events, the root of the present disturbance as well as the present triggers and now we will look at what you would like to be different in the future. We have a specific protocol to imagine your desired future and process blocks and enhance and deepen the positive states.”

“I would like you to run a movie of the desired state and the words (PC)\_\_\_\_\_. Imagine stepping into this scene, noticing how you are handling the situation. Notice what you are thinking feeling and experiencing in your body. Let me know when you are ready and I will begin BLS and you can let me know when to stop.”

**After the movie stops check in with client and get feedback. Repeat 3 to 5 times.**

**Once the movie is successfully installed above, invite the client to create a challenge or a bump in the road to add to the movie. It may be something the client is afraid might happen.**

**The clinician may suggest something if the client has a difficult time coming up with one.**

**Ask:** “What if....(future fear)... were to happen during this experience?”

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“What resources might be helpful for you to be able to see this movie where you are effectively coping in this situation?”

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**Say:** “I’d like you to imagine yourself coping effectively with/in \_\_\_\_\_ in the future. I’d like to invite you to imagine running

the movie, with the new positive belief (PC)\_\_\_ and your resources. Notice how you are handling the situation and what you are thinking, feeling and noticing in your body”

If the client needs more resources you can help them with that before starting the BLS.

“Now I’d like to invite you to run this movie in your mind’s eye while we are doing the BLS. Let me know when you are ready to start and when to stop the BLS. We will check in afterwards.”

Run the movie 3 to 5 times with BLS- as long as it is getting more positive.

### **Final Step- Closure**

(At the end of any session)

“The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories or dreams. If so, just notice what you are experiencing and if you wish you can record it on the Memories & Lies Log. Use the resources we have worked on to help manage any disturbance. We can work on this material next time.”

**If incomplete session add:** “What do you need to be able to close today?” Or “I wonder if it would be helpful to \_\_\_\_\_ (recommend a resource).”