

# “The Answer”



*The first information we want to get is regarding your strengths and what you do under stress. This information will help us in the preparation phase for you. We will see what you are really good at doing and also what is less developed for you. This information will be useful as we continue the EMDR treatment process.*

*As you answer the following questions, there is no need to read into them too much. Whatever comes to mind first will be fine.*

What are you most proud of	
What is difficult for you to do?	
What do you do when under stress?	
How do you handle extreme pressure?	
How are you with deadlines?	
How do you get your “way”?	
Is it easy for you to say “no”?	
Do you cry easily?	
What do you do when you are upset?	
Do you cry in front of others?	
Would you call yourself a “rule follower”?	
How do you deal with conflict?	
In an emergency situation what are you likely to do?	
Is it easy for you to ask for help?	
Is it difficult for you to accept help?	
How convincing are you?	
What are you likely to do when someone tells you “no”?	
How do you handle negative feedback or criticism?	

Therapist may take a moment to look for patterns, then take a guess: “So it sounds like you are good at....., and it is harder for you to ..... When you get close to pain I wonder if you will..... (Looking for what is over and under developed for the client)