EMDR Floatback

One chain per starting situation

Client code | **Date** | **Session**

Starting situation ☐ Present trigger ☐ Earlier memory

Negative cognition optional | **Emotion** | **Body location** | **SUD**

Float back

"Stay with that feeling in your body, and let yourself float back in time. Where do you know this feeling from?"

Each new memory, the same words

"Stay with that memory, and with the same feeling, and let yourself float further back. See what comes there."

	Memory, in a few words	Age or when	SUD
1			
2			
3			
4			
5			
6			

Note each memory and leave it. Nothing is processed yet.

Earlier memories further down

If nothing comes

Wait a little longer. Then follow the emotion (affect bridge) or the body sensation (somatic bridge), or start from the earliest memory of this theme the client already knows.

Touchstone candidate The earliest memory with the same feeling

Target sequence

Past

Present

Future

EMDR Floatback

Fictional example

Client code EX-01 | **Date** Oct 7 | **Session** 2

Starting situation ☑ Present trigger ☐ Earlier memory

My manager raised his voice at me in a team meeting last week

A recent, specific moment works better than a general theme.

Negative cognition optional	Emotion	Body location	SUD
I am worthless	Shame	Stomach	7

The body location is what you bridge from. The NC can be left out.

Float back

"Stay with that feeling in your body, and let yourself float back in time. Where do you know this feeling from?"

Each new memory, the same words

"Stay with that memory, and with the same feeling, and let yourself float further back. See what comes there."

	Memory, in a few words	Age or when	SUD
1	Supervisor criticized my report in front of the group	22	5
2	The argument with my father, when he shouted at me	15	8
3			
4			
5			
6			

Note each memory and leave it. Nothing is processed yet. Earlier memories further down

Each memory is noted in a few words and left. Nothing earlier came after memory 2, also on a second try.

If nothing comes

Wait a little longer. Then follow the emotion (affect bridge) or the body sensation (somatic bridge), or start from the earliest memory of this theme the client already knows.

Touchstone candidate The earliest memory with the same feeling

The argument with my father, age 15

The earliest memory with the same feeling, and the highest SUD. It becomes the first target in Phase 3.

Target sequence

Past	Father at 15, then the supervisor at 22
Present	Manager raising his voice in meetings
Future	Speaking up in next month's team review