EMDR Light Stream

Read the lines slowly

Client code _____ **Date** _____ **Session** _____

Used in ☐ Preparation ☐ Closure, complete session ☐ Closure, incomplete session

1 Find the tension

"Notice where in your body you feel the tension or the discomfort most right now."

_____

2 Give it a form

"If that tension had a shape, what would it be? And a size, a colour, a temperature? Does it have a surface? Does it make a sound?"

Shape _____ **Size** _____ **Colour** _____

Temperature _____ **Surface** _____ **Sound** _____

3 A healing colour

"Is there a colour you like, one you connect with healing?"

_____

4 Let the light in

"Imagine a light in that colour coming from above, streaming down into you and directing itself at the shape of the tension. The source is endless, so the more you use, the more there is."

5 Through the tension

"The light reaches the shape and moves through it and around it. As it does, notice the tension giving way, softening, becoming smaller."

Give it time. Repeat this line rather than adding new ones.

6 Through the whole body

"Let the light keep flowing, down through your head, out through your shoulders and arms, down through your body, down your legs and out through your feet."

7 Bring it with you

"Stay with it a moment. Then count to five inside yourself, and at five, open your eyes and come back to the room."

If it does not shift at step 5

"Stay with the light a little longer, without expecting anything of it."

Then run the stream again, change the colour, move to the container instead, or stop and ground. A tension that will not move is information, not a failure.

Tension, 0 to 10 optional

Before _____ **After** _____

Notes

_____

_____

EMDR Light Stream

Fictional example

Client code	Date	Session
EX-02	Oct 21	5

Used in ☐ Preparation ☐ Closure, complete session ☑ Closure, incomplete session

1 Find the tension

"Notice where in your body you feel the tension or the discomfort most right now."

Chest, just below the throat

2 Give it a form

"If that tension had a shape, what would it be? And a size, a colour, a temperature? Does it have a surface? Does it make a sound?"

Shape	A tight knot	Size	Fist-sized	Colour	Grey
Temperature	Cold	Surface	Rough	Sound	None

Ask the qualities that land, and leave the rest.

3 A healing colour

"Is there a colour you like, one you connect with healing?"

Warm gold

A different colour from the tension itself.

4 Let the light in

"Imagine a light in that colour coming from above, streaming down into you and directing itself at the shape of the tension. The source is endless, so the more you use, the more there is."

5 Through the tension

"The light reaches the shape and moves through it and around it. As it does, notice the tension giving way, softening, becoming smaller."

6 Through the whole body

"Let the light keep flowing, down through your head, out through your shoulders and arms, down through your body, down your legs and out through your feet."

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"Stay with it a moment. Then count to five inside yourself, and at five, open your eyes and come back to the room."

If it does not shift at step 5

"Stay with the light a little longer, without expecting anything of it."

Then run the stream again, change the colour, move to the container instead, or stop and ground. A tension that will not move is information, not a failure.

Tension, 0 to 10 optional

Before	After
6	2

Notes

Step 5 read twice before it softened. The client said the chest felt looser.