EMDR Phase 3 assessment

One sheet per target

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

Target memory or situation

☐ Past memory ☐ Present trigger ☐ Future template

1 Image The picture that represents the worst part, now

2 Negative cognition (NC) A belief about the self, in the present tense

Theme ☐ Self-worth ☐ Safety ☐ Helplessness ☐ Responsibility

3 Positive cognition (PC)

Same theme as the NC, stated positively

4 VoC How true the PC feels now

1 2 3 4 5 6 7

1 completely false — 7 completely true

5 Emotion

With the picture and the NC, felt now

6 SUD How disturbing it feels now

0 1 2 3 4 5 6 7 8 9 10

0 no disturbance — 10 worst imaginable

7 Body location Where the client feels the disturbance

Notes Earlier memory found with Floatback, steps you skipped, anything else

EMDR Phase 3 assessment

Fictional example

Client code EX-01

Date Oct 14

Session 4

Target memory or situation ☑ Past memory ☐ Present trigger ☐ Future template

The argument with my father, age 15

1 Image The picture that represents the worst part, now

When he shouted at me

One moment, not the whole event. Starting with "When" keeps it specific.

2 Negative cognition (NC) A belief about the self, in the present tense

I am worthless

Theme ☑ Self-worth ☐ Safety ☐ Helplessness ☐ Responsibility

A belief about the self, in the present tense. "He was angry" would describe the event.

3 Positive cognition (PC)

Same theme as the NC, stated positively

I have value

Same theme as the NC, stated positively and without "not".

4 VoC How true the PC feels now

1 **2** 3 4 5 6 7

1 completely false — 7 completely true

Rated now, while holding the picture. A low VoC here is expected.

5 Emotion

With the picture and the NC, felt now

Shame

What the client feels now, not what they felt then.

6 SUD How disturbing it feels now

0 1 2 3 4 5 6 7 **8** 9 10

0 no disturbance — 10 worst imaginable

Also rated now. This is the baseline for desensitization.

7 Body location Where the client feels the disturbance

Stomach

A location is enough. Ask where, not why.

Notes Earlier memory found with Floatback, steps you skipped, anything else

Floatback not needed: the client names this as the earliest memory with this feeling.