EMDR Resource Installation (RDI)

Short sets, 6 to 12 passes

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

The situation ahead What the resource is for

_____

1 The quality needed

"What quality in yourself do you need most to handle this?"

_____

2 A moment of mastery

"Think back to a moment when you really felt: yes, I managed that. It can be a big thing or a small detail."

_____

3 The feeling and the body repeat while it grows

"Picture that moment. Notice the good feeling it gives you, and where in your body you feel it."

_____ **Sets** _____

4 A symbol or an animal repeat while it grows

"See if you can find an animal, a symbol, or a person you connect with that quality. Picture it, and notice the feeling it gives you."

_____ **Sets** _____

5 Put them together repeat while it grows

"Hold that moment again, feel it, and at the same time take in the image of the symbol. Notice what that gives you."

Sets _____

6 Carry it forward repeat while it grows

"Keep that feeling, and take it with you into the situation ahead. Picture yourself there, and notice how the feeling changes the way you meet it."

Sets _____

☐ **Optional: the anchor**

"As you hold that feeling, press your thumb and finger together. That press is now a way back to this."

Short set, then test it: release, talk for a moment, and press again.

If the resource turns negative

Stop the BLS: "Let that go for now. Look around the room, name a few things you can see, and come back to me." Then choose a different resource.

Notes

_____

_____

EMDR Resource Installation (RDI)

Fictional example

Client code	Date	Session
EX-03	Oct 20	3

The situation ahead What the resource is for

The first processing session next week

1 The quality needed

"What quality in yourself do you need most to handle this?"

Steadiness

In the client's own word.

2 A moment of mastery

"Think back to a moment when you really felt: yes, I managed that. It can be a big thing or a small detail."

Finishing the half marathon, age 34

3 The feeling and the body repeat while it grows

"Picture that moment. Notice the good feeling it gives you, and where in your body you feel it."

Warmth in the chest, a straight back — Sets 3

4 A symbol or an animal repeat while it grows

"See if you can find an animal, a symbol, or a person you connect with that quality. Picture it, and notice the feeling it gives you."

An old oak tree — Sets 2

A tree rather than a person, with no mixed feelings attached.

5 Put them together repeat while it grows

"Hold that moment again, feel it, and at the same time take in the image of the symbol. Notice what that gives you."

Sets 3

6 Carry it forward repeat while it grows

"Keep that feeling, and take it with you into the situation ahead. Picture yourself there, and notice how the feeling changes the way you meet it."

Sets 2

☑ **Optional: the anchor**

"As you hold that feeling, press your thumb and finger together. That press is now a way back to this."

Short set, then test it: release, talk for a moment, and press again.

If the resource turns negative

Stop the BLS: "Let that go for now. Look around the room, name a few things you can see, and come back to me." Then choose a different resource.

Notes

Felt steadier in the body after the third set at step 5. The anchor held when tested.