

EMDR Log sheet

During EMDR therapy your brain begins to process stored information, moving it towards a state of resolution. It is not uncommon for processing to continue in the hours and days following EMDR therapy. You may experience other memories, images, dreams, thoughts or emotions in some way related to the information that was worked on during the EMDR session.

These experiences may reflect further natural information processing in your brain. It may be useful or necessary to work on this information at your next appointment. Please bring this sheet to your next appointment. If some of these experiences are upsetting, use your relaxation strategies to help you.

Use this sheet to record any experiences related to your EMDR session. Record the date, the event which triggered the experience, and any memory, image, thoughts or emotions.

| Date | Trigger | Memory, image, dreams, thoughts, emotions |
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