

EMDR – Five most positive memories

Try to think about the earliest one you can remember in your life until the most current.

Positive memory 1: _____

A positive thought that you have about yourself when you think about this situation (positive cognition) _____

Emotions and sensations that go with that memory: _____

Positive memory 2: _____

A positive thought that you have about yourself when you think about this situation (positive cognition) _____

Emotions and sensations that go with that memory: _____

Positive memory 3: _____

A positive thought that you have about yourself when you think about this situation (positive cognition) _____

Emotions and sensations that go with that memory: _____

Positive memory 4: _____

A positive thought that you have about yourself when you think about this situation (positive cognition) _____

Emotions and sensations that go with that memory: _____

Positive memory 5: _____

A positive thought that you have about yourself when you think about this situation (positive cognition) _____

Emotions and sensations that go with that memory: _____
