

A-TIP Worksheets

Name _____ Date _____

Explain that eye movements help lower anxiety, distress and vividness of images.

Access & activate the incident

1) Hear it: *Tell me what happened.* (consider “walking through” the incident)

2) Name it: Irrational belief

How did you feel?

or

When that happened, you must have felt...

- Vulnerable / going to die*
- Powerless*
- Trapped*
- Helpless*
- Out-of-control*
- It was my fault*
- I should have done something*
- I'm responsible*
- I'm a failure*
- I'm inadequate*
- I'm not good enough*
- I have to be perfect*
- _____

3) Measure it: SUD

How disturbing is it: 0 - 10?

(0 = no disturbance, 10 = highest disturbance)

0 1 2 3 4 5 6 7 8 9 10

4) Tame it: Positive belief

How would you feel?

or

When that happened, you must have felt...

- It's over, I survived*
- I can control what I can even when powerless*
- I can control what I can even when trapped*
- I can control what I can even when helpless*
- I can control what I can even when out-of-control*
- I did the best I could under the circumstances*
- I did the best I could under the circumstances*
- I can recognize appropriate responsibility*
- I'm okay, regardless*
- I'm okay, regardless*
- I'm good enough*
- I can accept my strengths and weaknesses*
- _____

5) Validate it: VoC

How strong does your positive belief feel now?

(1 feels totally false, 7 feels totally true)

1 2 3 4 5 6 7

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6) Process it!

Instructions: *Think of the incident and follow my fingers. When I stop, let me know how disturbing the incident feels. We'll then return to doing more eye movements and repeat that process. Once the disturbance has stopped dropping, we'll strengthen your positive belief and help you focus on what you can do to handle the situation.*

- a. EMs: 10 round trips of rapid eye movement
- b. *Take a breath, blow it out...How much does it bother you now, 0-10? Start with that.* (add EMs)
- c. Repeat "a" & "b" several times (3-4) then proceed to "d."
- d. *Now when you think of the incident, what's different?...And now, 0-10? Start with that.* (add EMs)
- e. Repeat a, b, c and d until the disturbance is no longer dropping, then proceed to #8.

Stop processing if the person reports another incident, the disturbance goes up, or a body sensation not related to the incident is reported.

7) Strengthen it! (The positive adaptive belief)

- a. *Now think of your positive belief about the incident. How true does it feel now, 1-7?*
- b. EMs: 10 round trips of rapid eye movement
- c. *How true does it feel now, 1-7?* (EMs)
- d. Stop when the belief is no longer getting stronger.

8) Talk about it.

- a. Talk about the experience.
- b. Help the person see options, alternatives, next course of action, etc.

9) Record it.

- a. Complete the A-TIP summary outline.

10) Close it.

- a. Help client explore how to handle things as they come up between sessions.
- b. Processing may continue between sessions.
