

Name _____ Date _____

Accessing And Activating Checklist (Phase 3)

(Unrestricted Processing EMDR Checklist: Kiessling)

Target:

We have decided to work on _____ . Does that still fit?
[name the incident]

[If not] What fits now? _____

Worst Part:

Tell me the worst part of the incident? _____

We had decided your negative belief was [name the NC] _____
Does that still fit or is there a better one now? _____

Positive Belief:

We had decided a more adaptive belief was [name the PC] _____
Does that still fit or is there a better one now? _____

VoC:

When you think of the incident, how true do the words [name the PC] _____
feel to you now on a scale from 1 (totally false) to 7 (totally true)?

1 2 3 4 5 6 7

Emotions:

When you think of the incident and _____ [name the NC], what
emotions are you feeling now? _____

SUD:

On a scale from 0 (no disturbance) to 10 (highest disturbance), how disturbing is it?

0 1 2 3 4 5 6 7 8 9 10

Body Location:

Where do you feel it in your body? _____

I'd like you to focus on the worst part of the incident and your negative belief, notice where you're feeling it in your body, and follow my fingers [or other form of BLS].