

**Reevaluation Worksheet**

*What have you noticed since last time?*

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*Any new insights or awarenesses?*

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*Any dreams?*

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*Changes in behavior or responses?*

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*Changes in your symptoms?*

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*As you focus on the target from last time, what do you notice now?*

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*What's different or changed now?*

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*Any new connections or associations?*

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*Any new memories?*

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*0 – 10, how disturbing is it (the target) now?*

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