

Name _____ Date _____

Unrestricted Processing (EMDR) Access & Activate Checklist (Phase 3)
(Unrestricted Processing [EMDR] Checklist: Kiessling)

Access & Activate

Target: *We've decided to work on* _____
[name the incident]

Does that still fit, or is there a better one? _____

Worst Part: *What is the worst part of the incident?* _____

Negative Belief: *We had decided your more negative belief was* _____
[name the NC]

Does that still fit, or is there one that fits better now? _____

Positive Belief: *We had decided your more adaptive belief was* _____
[name the PC]

Does that still fit, or is there one that fits better 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 (the 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?* _____

Bring up the incident, the negative belief, notice your body and follow my fingers. [or name the form of BLS/DAS you will be using]