

## EMDR optional weekly log

Track your experience between sessions as helpful

Note: Inner resources below (refer to these and others in your toolbox as helpful)

[Remote control](#)

[Container](#)

[Calm place](#)

[3-in-1 capacity resource](#)

[Inner circle of support](#)

[Inner Advisor; words](#)

[Other helpful resources](#)

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Date:

Triggering situation or event:

Relevant sights, sounds, smells, images:

Emotion(s):

Body sensation(s):

Self-talk, thoughts, beliefs:

Urges, impulses, reactions:

0-10 Subjective Units of Disturbance (SUD #) at the time of the trigger (0 = no disturbance; 10 = the most disturbance you can imagine):

SUD now when you reflect back on it, 0-10:

Additional notes:

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