



## EMDR Phase 2 Resourcing Checklist

### Senses & Somatics

- 5-4-3-2-1
- Clench & Release
- Progressive Muscle Relaxation
- Body Scan
- Energetic Massage
- Noodling
- Walking Meditation

### Visualizations

- Light Stream
- Calm Space
- Container
- Tree Grounding
- Protective Figures
- Nurturing Figures
- Circle of Figures (Board Members)

### Breathing Techniques

- Diaphragmatic/Belly Breathing
- 3-Parts Breath
- Equal-Parts Breath
- Prolonged Exhalation
- Alternate Nostril Breathing
- Lion Breath

Other: