



## EMDR HOMEWORK

1. Complete the Life History Questionnaire.
2. Read ***EMDR: The Breakthrough Eye Movement Therapy for Overcoming Anxiety, Stress and Trauma*** by Francine Shapiro.
3. Create a Trauma Map.

Think back over your life from your earliest memory all the way until the present and put on the list all the experiences/memories that still feel disturbing when you think of them now. This list can have as many memories as you can identify. You may write at length about each or simply give each a title as a reminder to jog your memory. Leave space between each item on your list. Put down your age at the time of the incident, and rate each memory on a scale of how disturbing it feels when you think of it now:

0 (neutral or no disturbance) ----- 10 (the highest disturbance you can imagine for you)

We will be discussing your list and using them as “targets” for our EMDR sessions. This map will help us to identify possible targets and track your progress toward reprocessing all related and important issues.

4. If you have any questions or concerns, please feel free to discuss them with me in your sessions.