

Ten Most Disturbing or Traumatic Memories of Your Life

Research has shown that early disturbing events or traumas have a powerful effect on shaping our beliefs about ourselves, our emotional responses and the sensations in our body. EMDR is designed to resolve these early experiences so that we can be more in the moment with what is happening today.

Please describe some of the strongest memories that are clear and have an emotional charge for you today. Also indicate your age or range of ages these events occurred.

1.) Scene: _____ Ages: _____

Description of the event:

2.) Scene: _____ Ages: _____

Description of the event:

3.) Scene: _____ Ages: _____

Description of the event:

4.) Scene: _____ Ages: _____

Description of the event:

5.) Scene: _____ Ages: _____

Description of the event:

6.) Scene: _____ Ages: _____

Description of the event:

7.) Scene: _____ Ages: _____

Description of the event:

8.) Scene: _____ Ages: _____

Description of the event:

9.) Scene: _____ Ages: _____

Description of the event:

10.) Scene: _____ Ages: _____

Description of the event: