

EMDR Interweaves

CLIENT:

DATE:

TARGET STUCK POINT

What is the target, or the part of the target, that you feel stuck in?

CORRECTIVE OPTIONS

Clients often report that they sometimes think about what they would have liked to have done during, or after, a traumatic event, or ways that the event could have ended, or gotten resolved, so that the outcome would have been different. See if the below questions are ones you have considered.

- What did you want to **say** at that time, that you were not able to say?
- What did you want to **do** at that time, that you could not do?
- What did you want to **feel** at that time, that you could not feel?
- What result, or consequence of the event would you have wanted, that you did not get?
- What did you need other people to do at the time of the event, that they did not (or could not) do?

INTERWEAVE SELECTION

Select the answer from above questions that seems to best fit with what you needed at that time, but did not get. This can be used in conjunction with Phase 4 of EMDR, desensitization.