

EMDR Progress

Emotional Regulation and Nervous System Calm

- “After reprocessing, I don’t feel constant fight or flight.”
- “I have noticed decreased irritability.”
- “My triggers feel less intense, especially around feeling unheard.”
- “I was able to move on from the trigger quicker.”
- “During a significant anniversary, I noticed it was a significant day but not one of doom and gloom. It no longer had an impact on my daily life.”
- “It feels distant and peripheral.”

Presence, Capacity, and Daily Functioning

- “I have more brain space and energy to complete household tasks.”
- “I spent the whole day with my child and was present and not overwhelmed.”
- “Usually I am more distracted or dissociated; now I feel more aware of being in the present. I feel more mental capacity to experience more.”

Relationships, Communication, and Reduced Defensiveness

- “I have continued to have better patterns of relating to people, with more understanding, less judgment, and less argumentativeness.”
- “I don’t feel the need to ‘win’ an argument anymore.”
- “In the past, I would have distrusted others; now I am more open to other people’s perspectives.”
- “I recognize that defensiveness was a coping mechanism, and I don’t need it anymore.”

Integration, Grief, and Adaptive Beliefs

- “I can be more honest with myself about grief.”
- “I am creating a safer internal space and developing more adaptive ways of thinking.”
- “I feel I’m slowly coming together as a whole person.”

Sleep, Dreaming, and Reduced Intrusion

- “In the past I didn’t dream about anything other than nightmares. Now I am dreaming a lot more about other themes.”

Hope and Trust in the EMDR Process

- “At first I was apprehensive and skeptical of EMDR. Now I can see how much it helped and is going to help me in the long run. I don’t think I’ve ever felt this way in my life.”