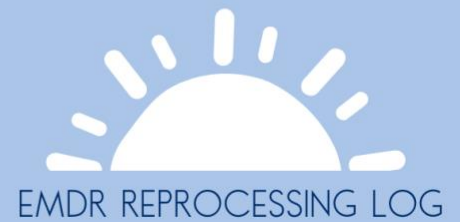




Between Session Tracker



Supporting Regulation After an EMDR Session

After a reprocessing session, it's helpful to notice *both* adaptive shifts, healthy changes in thinking, behavior, and emotions, along with triggers that evoked distress and negative beliefs.

Possible Coping Skills: calm place, container, light beam, color breathing, guided imagery, accessing a wise figure, slow butterfly tapping, movement, being in nature, drinking cold water.

When volume is TOO LOW, clients often feel:

- numb or disconnected
- shut down or exhausted
- foggy, blank, or unmotivated
- like they don't care, even though they do



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the MIDDLE range is where:

- emotions feel manageable
- thinking is clearer
- communication is easier
- coping tools actually work



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When volume is TOO LOUD, clients often feel:

- anxiety, panic, racing thoughts
- irritability or emotional reactivity
- a need to control or "fix" things quickly
- feeling flooded by emotions



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My Go to Coping Skills:



Between Session Tracker



EMDR REPROCESSING LOG

Supporting Attunement In Between Sessions

What adaptive quality do you want to pay attention to this week?

 "This week, I want to notice..."

Weekly Log to Track Adaptive Shifts and Activating Moments

Date	Trigger	Thoughts about self	Emotion (s)	Sensations and location in body	Intensity 1=low 10=strong

 Tip: Duplicate this page weekly