# EMDR Therapy & Your Brain

## Upsetting Events

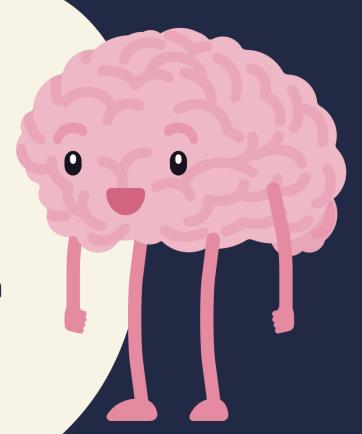


Unpleasant, traumatic, or distressing events happen to us all the time.

Memories of these events can get stuck in our brain and impact us, even without us realizing it.

### Regular Memory

In the ideal brain process, an event happens and it gets linked appropriately in your memory.



### Stuck Memory



Sometimes, an event happens and it gets stuck in your memory, due to the brain's fight, flight, or freeze response—or because of other past experiences.

#### MEMORY TRIGGER



Something reminds you of the event and you have positive or neutral thoughts and feelings about yourself.

I did the best I could.

Something reminds you of the event and you have negative thoughts and feelings

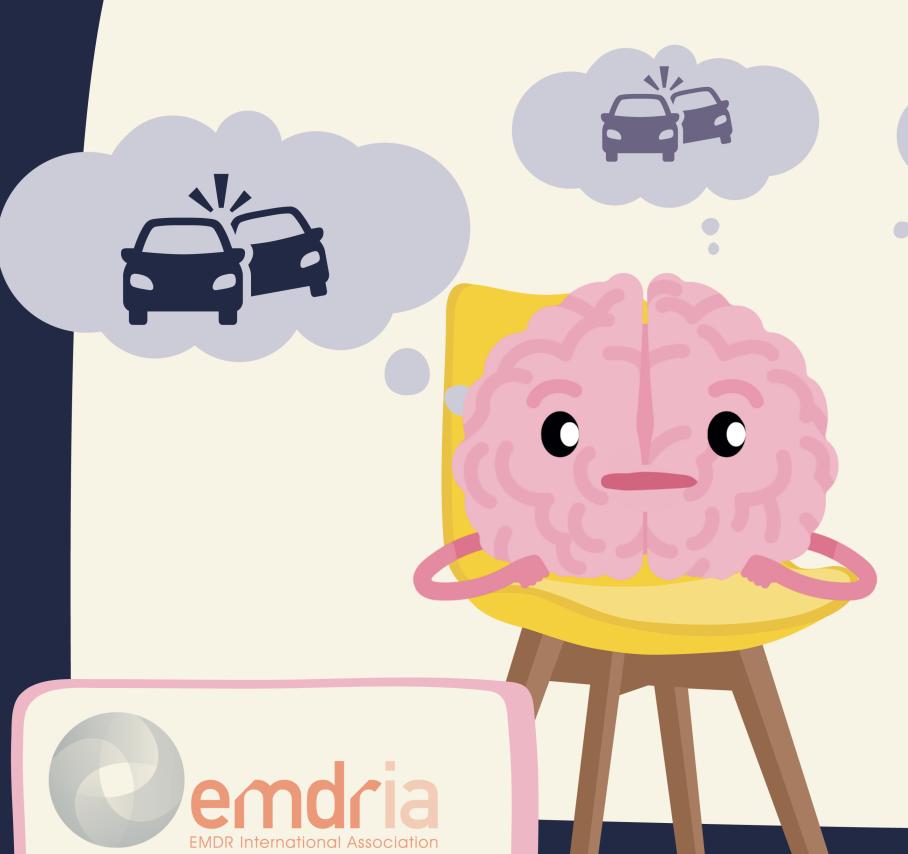
about yourself.

I'm such a failure.

#### MEMORY TRIGGER



## How EMDR Therapy Can Help



www.emdria.org

Your therapist guides you through eye movements (or

eye movements (or other methods) while you think about the unpleasant event.

The unpleasant thoughts, feelings, and sensations fade away. It becomes just a memory.

#### After EMDR Therapy

The threat is over.

I did my best.



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