

Goals: 2-3 and make them specific and measurable:

- 1.
- 2.
- 3.

Resources, develop in phase 2 preparation:

- 1.
- 2.
- 3.

## **EMDR Case Formulation Tool**

**Failure in AIP**



**Overwhelming Experiences  
Adverse Life Events  
(Age / SUDS)**

**AIP**



**Resilience**

**Triggers**



**Intrusions**



**Negative Cognitions**



**Symptoms / Coping Behaviours**





**NEGATIVE  
COGNITIONS**

***RESPONSIBILITY***

I should have done something  
I did something wrong\*  
I should have known better\*

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***SAFETY***

I cannot be trusted  
I cannot trust myself  
I cannot trust my judgment  
I cannot trust anyone  
I cannot protect myself  
I am in danger  
It's not OK to feel (Show) my emotions  
I cannot stand up for myself  
I cannot let it out.

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***DEFECTIVENESS***

I don't deserve love  
  
I am a bad person  
I am terrible  
I am worthless (inadequate)  
I am shameful

**POSITIVE  
COGNITIONS**

***RESPONSIBILITY***

I did the best I could  
  
I learned (can learn) from it  
  
I do the best I can (I can learn)

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***SAFETY***

I can be trusted  
I can (learn to) trust myself  
I can trust my judgment  
  
I can choose whom to trust  
I can (learn to) take care of myself  
It's over; I am safe now  
I can safely feel (show) my emotions  
I can make my needs known  
  
I can choose to let it out

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***DEFECTIVENESS***

I deserve love: I can have love  
I am a good (loving) person  
I am fine as I am  
I am worthy: I am worthwhile  
  
I am honourable

**NEGATIVE  
COGNITIONS**

***DEFECTIVENESS***

I am not loveable  
I am not good enough  
I deserve only bad things  
I am permanently damaged  
I am ugly (my body is hateful)  
I do not deserve ...  
I am stupid (not smart enough)  
I am insignificant (unimportant)  
I am a disappointment  
I deserve to die  
I deserve to be miserable  
I am different (don't belong)

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***CONTROL***

I am not in control  
I am powerless (Helpless)  
I am weak  
I cannot get what I want  
I am a failure (will fail)  
I cannot succeed  
I have to be perfect (please everyone)  
I cannot stand it  
I am inadequate  
I cannot trust anyone

**POSITIVE  
COGNITIONS**

***DEFECTIVENESS***

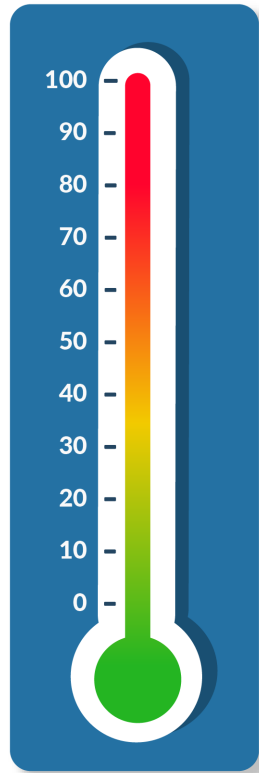
I am loveable  
I am deserving (fine/OK)  
I deserve good things  
  
I am (can be) healthy  
I am fine (attractive/loveable)  
I can have (deserve)  
I am intelligent (able to learn)  
  
I am significant (important)  
  
I am OK just the way I am  
I deserve to live  
I deserve to be happy  
I am OK as I am

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***CONTROL***

I am now in control  
I now have choices  
I am strong  
I can get what I want  
I can succeed  
I can succeed  
I can be myself (make mistakes)  
I can handle it  
I am capable  
I can choose whom to trust

# Subjective Units of Distress (SUDs)



- 100 Highest anxiety/distress that you have ever felt.
- 90 Extremely anxious/distressed.
- 80 Very anxious/distressed; can't concentrate. Physiological signs present.
- 70 Quite anxious/distressed; interfering with functioning. Physiological signs may be present.
- 60 Moderate-to-strong anxiety or distress.
- 50 Moderate anxiety/distress; uncomfortable, but can continue to function.
- 40 Mild-to-moderate anxiety or distress.
- 30 Mild anxiety/distress; no interference with functioning.
- 20 Minimal anxiety/distress.
- 10 Alert and awake; concentrating well.
- 0 No distress; totally relaxed.

The Validity of Cognition is used to measure the felt confidence in the positive / preferred cognition

**VoC scale**

