LOG
After processing a memory, other associated or unprocessed memories **MAY** surface in between sessions. Just take a note of any here in between sessions. Try not to dwell on them, or try to make sense of them. Just make a note.

Target Memory	Representative	Negative	Desired	Emotion	Sensation
Describe the memory from the past or present or future thought that has come up in between sessions.	One static emotionally HOT picture representing the worst part of the memory. Any sensory sensations if no image?	Cognition (Belief) Either related to Responsibility (Guilt), Safety (Fear), Defectiveness (Shame), Control (Powerlessness). Gut level belief/ worry about self.	Opposite preferred belief. Achievable destination.	When you think of the Negative belief and think of the image what do you feel?	Where do you feel the distress in your body?