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.

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| **Target Memory** | **Representative Image** | **Negative Cognition (Belief)** | **Desired Positive Belief** | **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?** | **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?** |
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