

EXERCISE 10

Eye Movement Desensitization and Reprocessing (EMDR) Resource List

- Step 1:** Fill out examples in each box that are applicable to you. If you get stuck, ask a loved one or someone who knows you really well what they see that calms you under stress. This can add insight and ideas to your worksheet. The goal is to have multiple possibilities for positive coping in each box when responding to trauma or stress symptoms.
- Step 2:** Gather any tangible items you've identified in your resource list to keep at the ready. For example, perhaps you have a fidget tool on your keyring, have built a playlist of songs that elevate your mood, or keep mints or essential oils in your bag to help ground you.

Exercise continues on the following page.

SUPPORTS/PEOPLE

THINGS/HABITS/BEHAVIORS

BELIEFS/THOUGHTS

SELF-SOOTHING

SAFE/HELPFUL/POSITIVE PLACES

ACTIVE/PASSIVE COPING