

MY EMDR READINESS

Workbook

This workbook is here to help you prepare for EMDR therapy, build self-awareness, and create a strong foundation for healing.

♡ *You are not alone in this.*

1 WHAT BROUGHT ME HERE?

What memory keeps showing up?

What do I hope will feel different after therapy?

How is this affecting my life today?

2 MY SYMPTOMS

Check all that apply.









- | | |
|---|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Panic | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Nightmares | <input type="checkbox"/> Relationship struggles |
| <input type="checkbox"/> Intrusive memories | <input type="checkbox"/> Hypervigilance |
| <input type="checkbox"/> Emotional numbness | <input type="checkbox"/> Difficulty trusting |



All of these are valid.
You don't have to go through it alone.

3 WHAT HELPS ME FEEL SAFE?

List the people, places, things, and practices that help calm your nervous system.

-  People
-  Places
-  Objects
-  Music
-  Prayer
-  Movement
-  Nature
-  Animals

4 MY STRENGTHS

What has helped you survive until now?

What inner strengths or resources do you have?

5 MY GOALS

When EMDR is helping...

I'll notice...



A Note from Shoshana ♡

You've already taken a powerful first step by being here.
This workbook is a space for reflection, not perfection.
Take your time with each section.
There are no right or wrong answers, only your answers.

I'm honored to walk alongside you.



Healing is possible.
You are worthy of peace.
You are stronger than you know.