

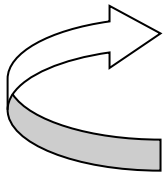
Affect Bridge - Worksheet

1. Current presenting issue or memory:
“Notice the recent disturbing experience”
2. Image:
“What picture represents the worst part of that experience?”
3. Emotions:
“When you focus on that picture, what emotions do you feel now?”
4. Location of Body Sensation:
“Notice what you’re feeling in your body.”
5. Trace or Scan back:

“Hold the experience in mind, notice the picture, the emotions you’re having right now and what you’re feeling in your body. Now let your mind scan back to an earlier time when you may have felt this way before and just notice what comes to mind.”

“Just feel and let it come to you.”

Ask, **“What do you get?”** If they say it goes back to a picture or a memory, then ask for the picture.



If you decide to go back further, say, **“Bring up that picture, and let your mind trace back from there.”**

Ask, **“What do you get?”** Continue until it goes back to a “touchstone,” usually a childhood memory.

Adapted from:

Leeds, A. M. (2016). *A guide to the standard EMDR therapy protocols for clinicians, supervisors, and consultants* (2nd edition). Springer Publishing Company.

Shapiro, F. (2018). *Eye movement desensitization and reprocessing (EMDR) therapy: Basic principles, protocols, and procedures*. Guilford Publications.