PARTNERS IN EMDR TRAINING, PLLC.

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RESOURCING THE POSITIVE COGNITION: WORKSHEET

A Positive Cognition is a positive thought about one’s self - it is self expansive, able to be generalized, and true.

It indicates how someone would prefer to feel about him/her/their self, a desired state.

It is a 180 degree shift from a negative cognition

It is self referential.

Has an internal locus of control

In the present tense.

Has a new self assessment and can link to a positive future.

Best to use: I am……..

A positive Cognition enhances and incorporates a new feeling of self-worth, activating the AIP, influencing client’s perceptions of the past, present and future.

A positive cognition can enhance a state, or a feeling.

I am brave; I am powerful; I am competent; I am strong; I am lovable…..

1. Think of a desired state: a positive cognition. State it:

 I am……..

2) Remember times in your life when you experienced the positive cognition.

3) Feel the sensations and emotions you feel as you remember, experiencing your PC.

4) Enhance the memory:

 Use sense - if you were there, what would you be seeing, hearing, feeling, remembering…

5) Enhance with BLS - short, slow sets - 3 or 4 times

6) Come up with a name - and enhance with BLS

From here on, NO More BLS

7) Shift with guidance from therapist from Enhanced PC, to a slight feeling of distress

8) Shift on own from PC to slight distress back to feeling with of the PC