

# EMDR Simplified

Please watch this short video. It explains all the basics of using EMDR -  
<https://rebrand.ly/emdrapp>

## **IMPORTANT**

**If you get suicidal thoughts, or have suicidal tendencies,  
Then please seek professional help before using these apps.**

*NOTE: Sometimes our mind takes us to strange places while processing.*

*So long as you feel safe to continue... then keep going.*

*Today, tomorrow, or the next day, you will probably have a new, amazing belief about you and the world.*

## **Get the EMDR App:**

- **Android EMDR App**  
[download](#)
- **iPhone EMDR app**  
[download](#)  
[download](#)
- **On a web browser**  
[link](#)

## **SUMMARY OF THE VIDEO**

Start by opening the app

- Think of something that bothers you. A time / a place / a person / a pain or discomfort / a response you wish you didn't have / a bad habit ....
- Take a deep breath
- Notice any thought, feeling or image that comes up. Go with that.
- Press play on the app. Follow the sound or the ball with your eyes
- When the app stops after 1min, notice what thought feeling or image comes to mind. Go with that.
- Take a deep breath
- Press play. Follow the sound or the ball with your eyes
- When the app stops after 1min, notice what thought feeling or image comes to mind. Go with that.
- Take a deep breath
- Press play. Follow the sound or the ball with your eyes
- Repeat for 7 cycles.
- A new positive belief might have formed within you. eg it's going to be ok, OR, It hurts but i'll survive, OR I can do this, OR... whatever it is for you.  
Go with that
- Now do 3 cycle just focusing on that new believe

Use the app often and notice your journey getting easier.

You will be surprised where you mind takes you, and how it helps to heal you. Just go with it. The path to feeling safe and empowered is worth every phase of the journey.

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# THE 8 PHASES OF EMDR IN DETAIL

## PHASE 1: WHAT IS THE PROBLEM AND WHY IS THAT IMPORTANT TO YOU?

- a. What is the problem that you want to get rid of?

Here are some examples:

- I lose my temper
- I have anxiety
- I harm myself
- I get depressed
- I don't cope well with life
- I get violent
- I freeze in some situations
- Ongoing pain
- Tummy or digestion problems
- And many, many more examples you could think of

- b. Why is that important to you?

Here are some examples:

- My relationships would be better
- I could focus at work
- I might be able to enjoy life
- Keep me out of trouble with the law
- Be able to have a more normal life
- Not wake up every day wondering how my mind or body will attack me today

- c. When, What and How?

- Do you remember when these issues might have started? Were there any events or people that were important at that time?
- What situations trigger you now? When does your issue become a problem?
- How would you want to behave differently in the future? If you could have a different response to that "trigger", what would that response be?

## PHASE 2: MAKING A SAFE SPACE FOR YOU

You need to have a way to stay present, and feel safe when some feelings, images, or scenes come up for you.

IT IS VERY IMPROTANT THAT YOU ARE ABLE TO CALM YOURSELF.

Here are some ways to feel safe HERE AND NOW.

- Deep breaths
- Noticing the contact of the chair on your body
- Holding the hand of someone you trust
- Having your pet near you
- Squeezing a small ball

**DO NOT TRY EMDR ON YOUR OWN IF YOU ARE NOT ABLE TO CALM YOURSELF!!!**

Instead, stop at this point, and find a therapist to work with you.

If you are fairly good at calming yourself, then continue to phase 3.

### **PHASE 3: HOW DISTURBING IS THAT MEMORY FOR YOU? WHAT BELIEFS FORMED FROM THAT TIME?**

- a. Think of the event, place, or person from your Phase 1. What negative belief did that create?

Examples include:

- I am helpless
- I am worthless
- I am unlovable
- I am dirty
- I am bad
- I am always in danger

- b. Now choose a positive self-statement. It might just be the opposite of your negative belief.

Examples include:

- I am resourceful
- I am worthwhile
- I am lovable
- I am clean again
- I am a good person
- I am safe now

- c. Score your positive self-statement from 1-7.

How true does your positive self-statement feel? 1 feels totally false, 7 feels totally true.

Note down your number.

d. How disturbing is the thought of that event, place or person? Scale 0-10.

0 is no disturbance, 10 is the worst feeling you've ever had.

Note down that number.

## **PHASE 4: REPROCESSING AND DESENSITISING THOSE "TRIGGERS"**

Now the magic begins. This is where it starts getting interesting.

- a. Open your EMDR app.
- b. Put on your headphones.
- c. Focus on the event, place, or person from your Phase 1.
- d. You might have a feeling, thought or image as you focus... NOTICE THAT.
- e. *Press play and follow the ball or the sound with your eyes. Go with it.*
- f. *When it stops, take a deep breath in and out.*
- g. *Something has changed in your feeling, thought or image... NOTICE THAT.*
- h. *Press play and follow the ball or the sound with your eyes. Go with it.*
- i. *When it stops, take a deep breath in and out.*
- j. *Something has changed again in your feeling, thought or image... NOTICE THAT.*
- k. Do steps "e" to "j" at least seven times, or more if you want to.

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### **Let's check what has changed?**

How disturbing is the thought of that event, place or person now? Scale 0-10.

Note down that number.

How true does your positive self-statement feel now? Scale 1-7

Note down that number.

So how did that go for you? Did the numbers get smaller?

## **PHASE 5: INSTALLING THE STRENGTH**

You have already downloaded the new "positive self-statement" into yourself. So, now let's install it properly.

- a. Notice how your positive self-statement feels truer already.
- b. Now do 3 rounds of eye movements. Focus on your positive self-statement.
- c. Notice if your brain suggests anything else that you might need to learn to make it even truer still.

Examples include:

- I am safe → learn self defence
- I am loveable → call a friend or relative
- I am a good person → help someone else feel good about themselves
- I can speak calmly now → practice my communication skills
- Whatever your brain suggests as a positive reinforcement, is worth looking at.

## **PHASE 6: BODY SCAN**

Does your body feel different from how it did before your session today?

Examples include:

- Shoulders more relaxed
- Tummy is less tense
- Headaches are less
- Warmer or cooler sensations
- More grounded
- What every you notice is right for you

## **PHASE 7: CLOSURE**

You have done some great work just now. By improving yourself, you are also doing your bit to make the world a better place.

Sometimes it takes a bit of time to get fully comfortable with the new connections that your brain has just made. So PLEASE, PLEASE, PLEASE...

- Practice your safe space skills often
- Take a moment whenever you need to calm yourself
- Notice how your world feels more together already

## **PHASE 8: REPEAT, REPEAT, REPEAT,**

You can do this process and use the app every day if that feel right for you.

Just notice how much you have progressed each week. Go back to the reasons you started doing this work, and notice how much your numbers have improved.