

EMDR LIFE COACH

WORKSHOP WORKBOOK

BY DENNIS ARAMANDA

Be
your
best self



FULL VERSION ON AMAZON

EMDR LIFE COACH WORKSHOP WORKBOOK

BY DENNIS ARAMANDA, COPYRIGHT 2023

**FULL VERSION ON
AMAZON**

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Please send requests or questions to Dennis@EMDRLifeCoach.com

First Edition

FULL VERSION ON
AMAZON

ABOUT THE
WORKBOOK

FULL VERSION ON AMAZON



OH HEY THERE, I'M DENNIS.

I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP YOU TRANSFORM YOUR LIFE BY LEARNING SELF EMDR.

THE AIM OF THIS WORKBOOK IS TO HELP YOU DISCOVER HOW TO USE SELF EMDR.

THROUGH A SERIES OF ACTIVITIES YOU WILL DIVE DEEPER IN UNDERSTANDING NOT ONLY YOURSELF, BUT YOUR LIFE. ALSO PROVIDED FOR YOU ARE THE RIGHT TOOLS YOU NEED TO BE ABLE TO PERFORM SELF EMDR WHENEVER YOU MAY HAVE THE NEED.

SO LET'S JUST JUMP STRAIGHT IN AND GET A START ON THIS PROCESS!

Dennis Aramanda 

DENNIS@EMDRLIFECOACH.COM

SELF EMDR

TRIGGER WORK

DATE/TIME: _____

FIND TRIGGERS:

WHILE MOVING EYES -> GO-TO CALM



WHILE MOVING EYES -> THINK ABOUT WHAT THINGS ARE KNOWN TO MAKE YOU WANT TO BITE YOUR NAILS OR CUTICLES



TRIGGER(S):

For Each Trigger Found-

- Rate Level of Emotion/upsettedness (1-10).
- Note also if you felt anything in your Body while thinking of the trigger.

WHILE MOVING EYES -> GO-TO CALM



SELF EMDR

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WHILE MOVING EYES -> GO-TO CALM



SELF EMDR

TRACKER

DATE/TIME: _____

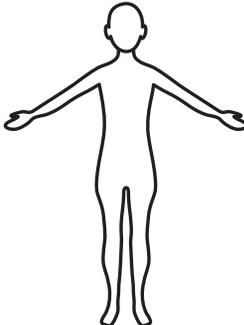
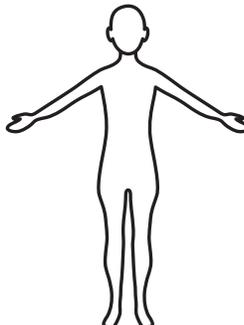
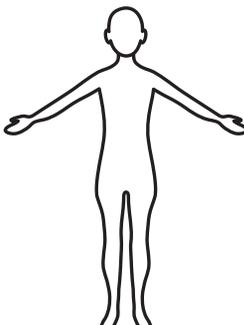
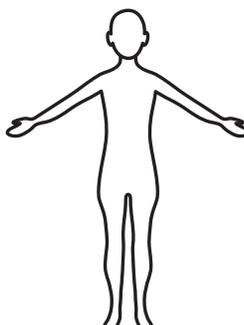
	TRIGGER	SOLUTION
1		
2		
3		
4		
5		
6		
7		

SELF EMDR

TRACKER

WITH BODY SCORE

DATE/TIME: _____

	TRIGGER	SOLUTION
1		
	<p>FRONT</p> 	<p>BACK</p> 
2		
	<p>FRONT</p> 	<p>BACK</p> 

SELF EMDR

TRIGGER WORK

DATE/TIME: _____

PROCESS TRIGGER:

TRIGGER:

SOLUTION:

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> THINK THROUGH SOLUTION

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> RE-THINK ABOUT TRIGGER

RATE LEVEL OF EMOTION:

RATE LEVEL OF BODY SCORE:

WHILE MOVING EYES -> GO-TO CALM

SELF EMDR

TRIGGER WORK

DATE/TIME: _____

PROCESS TRIGGER:

TRIGGER:

SOLUTION:

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> THINK THROUGH SOLUTION

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> RE-THINK ABOUT TRIGGER

RATE LEVEL OF EMOTION:

RATE LEVEL OF BODY SCORE:

WHILE MOVING EYES -> GO-TO CALM

