**EMDR Processing Phrases**

* “If that were true, what does that say to you about you?”
* “Just let your mind go where it goes and do what it does.”
* “What was the last thing or the biggest thing.”
* “Go back to the target image, what do you get, now?”
  + “What does it look like?
  + “Is the image the same or different?”
* For persistent SUD of 1 or 2, “What makes it a 1 and not a zero?”
* For a persistent VoC less than 5, “What makes it a 5 or 6 and not a seven?”