

## EMDR – Float Back - Worksheet

1. **Current presenting issue or memory:**
  - a. “What incident or memory would you like to work on today?”
  
2. **Image:** *“When you think about that memory, what image represents the worst part?”*
  
3. **Emotions:**
  - a. *“When you bring up that picture/incident what emotions do you feel now?”*
  
4. **Location of Body Sensation:**
  - a. *“Where do you feel that feeling in your body?”*
  
5. **Float back:**

*“I’d like you to bring up that picture, notice how it feels and where you feel it in your body and let your mind trace to when or how this first could have started.”*

*“Just feel and let it come to you.”*

Ask, **“What do did 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?”**

Do that until it goes back to a “touchstone” (usually a childhood) memory.