**SCRIPT 1: Welcome & Introduction to EMDR**

Hello and welcome, thank you for choosing EMDRise.

I’m your therapist for this journey, and I’ll be guiding you through the EMDR process step by step.  
If this is your first time using EMDR, or if you’ve had EMDR therapy before, this programme is designed to support you in a safe and structured way.

EMDR stands for Eye Movement Desensitisation and Reprocessing.  
It’s a therapy that helps the brain reprocess distressing memories, so they no longer feel disturbing or overwhelming. When something traumatic happens, the memory can get stuck — almost like it's frozen in time. You might find yourself reacting to present-day situations with the same emotions, thoughts, or body sensations linked to that past experience.

EMDR helps unstick that memory.  
By using something called bilateral stimulation — which means stimulating both sides of your brain, often through eye movements, sounds, or tapping — we can help the brain do what it naturally wants to do: heal.

Throughout your EMDR journey I’ll be here to support and prompt you at each stage.  
You’ll never be rushed, and you can pause at any time. I’ll invite you to bring up a memory, notice how it feels, and follow a visual, audio, or tapping cue while your brain processes in the background.

This process can be emotional, but it should never feel overwhelming. If at any point it does, I’ll guide you to a safe stopping place.

You’re in control — and I’ll be right here with you.

When you're ready, click to continue and we’ll begin setting up a ‘calm place’ resource.

**SCRIPT 2: Setting up your Calm Place**

Welcome to your Calm Place.

Let’s begin by creating a personal space in your imagination that feels calm, safe, and peaceful.

You might already have somewhere in mind — a beach, a forest, a quiet garden, or a completely imaginary place. Take a moment to picture it now.

Can you see it? Good. Let that image become clearer in your mind.

Now, start to bring in the sensory details. What colours do you see? Are there any sounds — like birds, water, or gentle music? Can you smell anything pleasant, like fresh air or something floral?

What does it feel like to be here? Maybe the warmth of the sun, or a cool breeze. Let all of that build up slowly.

Notice how your body responds. You might feel more grounded, or a sense of peace in your chest or shoulders.

Now, I’d like you to choose a cue word — something simple that represents this place for you. It could be 'calm', 'breathe', 'safe', or any word that brings you back here.

Let’s practise that now. As you picture your calm place, gently repeat your cue word in your mind.

Notice how the feelings grow. Let yourself settle into this space.

In the future, you can return to this Calm Place whenever you need it — during difficult moments, at the end of a session, or if something feels overwhelming.

When you're ready, click to continue and we’ll begin setting up your target memory.

**SCRIPT 3: Setting up the Target Memory**

Let’s begin setting up the memory you want to work on today.

First, bring to mind a specific memory that still feels unresolved or distressing. It might be from childhood, adolescence, or more recent.

Now, focus on the most vivid image or snapshot from that memory — the part that stands out most to you. Try to hold that image in your mind.

As you do that, notice what negative belief you hold about yourself when you think about this memory.  
It might be something like “I’m powerless,” “I’m not good enough,” or “It was my fault.”

Now, let’s choose a positive belief — something you would rather believe about yourself when you think of this memory.  
For example: “I did the best I could,” “I’m strong now,” or “It’s over and I’m safe.”

Once you’ve got that positive belief, ask yourself — when you bring up that memory and say that new belief — how true does it feel to you right now?  
Rate it from 1 to 7, where 1 feels completely untrue, and 7 feels completely true.  
This is called your VOC — Validity of Cognition.

Now tune in to how disturbing the memory feels in your body right now.  
When you hold the image in mind — along with the negative belief — how disturbing does it feel from 0 to 10?  
0 is no disturbance at all, and 10 is the most disturbance you can imagine.  
This is called your SUDS rating — Subjective Units of Distress.

Finally, notice where you feel that disturbance in your body — maybe a tightness, a heaviness, a pressure, or a sense of activation. Just be aware of it.

When you're ready, click to continue and we’ll move on to the next stage.

You’re doing really well.

**SCRIPT 4: Reprocessing**

We’re now ready to begin reprocessing.

Bring the image of that memory to mind.  
Hold it there — along with the negative belief and any physical sensations.

Now choose which kind of bilateral stimulation you’d like to use:  
You can follow a moving visual on the screen, listen to audio tones, or tap gently left and right.

Once you’ve chosen, start the bilateral simulation — and simply observe what comes up.

Thoughts, emotions, images, or body sensations may surface.

You don’t need to try to make sense of them. Just notice.

When you're ready, continue to start the bilateral stimulation.

**SCRIPT 5: Reprocessing Continued**

Take a moment.  
What do you notice now?

You might have had a memory pop up, a feeling, a change in sensation — or even nothing at all. That’s okay.

Whatever came up, just notice it.

You are doing really well, keep going.

When you’re ready, continue with further bilateral stimulation.

**SCRIPT 6: Installation of Positive Belief**

It seems like the distress has gone now — you’re doing really well.

Let’s now strengthen the positive belief you chose earlier.

Hold that original memory in mind again, but this time alongside the positive belief.  
Notice how true that belief feels to you right now.

Now start a set of bilateral stimulation — and focus on that belief as it gets stronger.

When you're ready, continueto start the bilateral stimulation.

**SCRIPT 7: Installation of Positive Belief Continued**

How true does that belief feel now on a scale from 1 to 7 — with 1 being completely untrue, and 7 being completely true?

If it’s not quite a 7 yet, we can run another set.

Let’s keep going until it feels fully true for you.

When you’re ready, continue with further bilateral stimulation.

**SCRIPT 8: Body Scan**

Now that the memory feels fully processed, we’re going to do a final check by scanning the body.

When you're ready, gently bring the memory to mind one more time — along with the positive belief you installed earlier.

Now, slowly scan through your body from head to toe. Notice if there’s any residual tension, discomfort, or disturbance anywhere at all — even something small.

Take your time.

If you notice any disturbance in the body, however mild, we’ll do another short round of bilateral stimulation.

When you notice any disturbance in your body, click to continue with further bilateral stimulation.

Just follow the eye movements, sounds, or tapping — whichever method you’ve chosen — and stay with the sensation until it clears.

Once the body feels neutral and calm, that means the session is complete and the memory has been fully processed.

When you're ready, continue and we’ll return to your Calm Place.

You’ve done so well.

**SCRIPT 9: Calm Place**

Let’s finish today by returning to your calm place — the one you created earlier.

Bring it to mind now.

Picture it clearly — take in the colours, the sounds, the textures, and the sense of calm it brings.

Take a slow, steady breath in… and out…

You’ve done something meaningful today. Let this moment settle.

When you feel ready, click continue to learn about aftercare following this session.

**SCRIPT 10: Aftercare**

The processing we’ve done today may continue in the background.

You might notice new thoughts, feelings, dreams, or memories — or you might not. Either is completely okay.

If anything does come up, try not to analyse it. Just take a mental snapshot of what you noticed — what you saw, felt, thought, and what might have triggered it — and make a note of it.

This could be something we revisit next time. For now, allow your mind to do what it needs to do, without trying to figure anything out.

Use your calm place or any other grounding strategies we've practised if you need support.

Please don’t begin another reprocessing session straight away. We recommend only one EMDR session per week to give your mind and body space to settle and integrate.

Most importantly, be gentle with yourself today. Prioritise rest, nourishment, and anything that helps you feel balanced and cared for.

When you feel ready, click continue to complete this EMDR session.