**TICES Record Sheet**

The processing you have done in an EMDR session may continue afterwards. You may or may not become aware of new insights, thoughts, memories, or dreams. Please use this record to note any experiences you have between sessions.

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| **T**rigger Situation | **I**mage | **C**ognition/Thoughts | **E**motions | Body **S**ensation |
| Doctor mentioned need for follow-up tests | Messy paperwork on doctor’s desk | Something terrible is wrong with me | Fear, helplessness | Cold sensation in hands and feet, tight throat |
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**Remember to practise the calming technique you learnt in therapy afterwards to help restore your emotional balance.**