

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.

Trigger Situation	Image	Cognition/Thoughts	Emotions	Body Sensation
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

Remember to practise the calming technique you learnt in therapy afterwards to help restore your emotional balance.

Visit <https://www.therapyhub.eu/> for more therapeutic resources.