■ EMDR Emotional Readiness Checklist

This one-page checklist is designed to help you feel emotionally prepared to begin or continue EMDR therapy. General information only — your psychologist will guide you individually.

Setting Intentions

- ■ I've reflected on why I want to do EMDR now.
- ■ I have a specific goal or theme in mind.
- ■ I understand EMDR is a process, not a quick fix.

Creating Safety

- ■ I know that I can pause or stop a session at any time.
- ■ I have a grounding strategy I can use (e.g., breathing, 5 senses).
- ■ I feel comfortable telling my psychologist when something feels "too much."
- ■ I have supportive people, routines, or activities to turn to after sessions.

Checking Expectations

- ■ I accept that EMDR may bring up strong feelings, memories, or dreams.
- ■ I know it's okay if progress comes in small steps.
- ■ I don't need to recount every detail of a memory for EMDR to work.
- ■ I'm prepared for the possibility of feeling tired or sensitive afterwards.

Emotional Resources

- ■ I can name at least one coping strategy that works for me when distressed.
- ■ I can name at least one supportive person or service I could reach out to if needed.
- ■ I understand that if I feel unsafe between sessions, I can use grounding skills, contact my psychologist, or call 000 (AU) / Lifeline 13 11 14.

■ Next Step

■ **Book a free 15-minute EMDR consult**
■ Email: **hello@truehope.com.au**

■ Note: This checklist is for reflection and preparation only. It does not replace professional advice. Each EMDR plan is individualised by your treating psychologist.