

When was this belief true? When were you **MADE** to believe this belief/statement?

Just notice what you are experiencing and take a "snapshot" of it with this log. *Briefly note what you are seeing, feeling, thinking, and the trigger in the grid below. Then use your Calm/Safe Place or Bright Light technique to return to neutral or 0.*

SUD= Subjective units of distress where 0 is neutral or no distress and 10 is the most distress/most emotionally charged/disturbing/intense.

The importance of this log is to track your negative belief to the root. You did not choose to think this way, but instead, you were likely exposed to a situation or situations where this specific set of beliefs were told to you directly or indirectly. Knowing the root of the belief will allow you more space to bring self-compassion to the little you that first learned this belief.

When thinking any of these beliefs moving forward, bring compassion to the **little you** and embrace your desired wise belief. You are teaching/guiding/nurturing your **little self/Inner child self**.

Trigger Situation	Cognition/ Thoughts	Emotions	<i>When did you receive this message (what age/age range)? From whom did you receive this message? –loved ones, parents, siblings, teachers, other</i>	Body Sensation + SUD <i>(0=neutral/10=highest you can imagine)</i>
<i>Example: Negative feedback from boss/employer</i>	<i>“I’m not competent” “Not good enough”</i>	<i>Inferior Rejected Stupid Sad hopeless</i>	<i>Verbal abuse from dad; being told I’m stupid and that I can’t do things the right way I remember starting at age 5 and still happens now as an adult</i>	<i>9 Tightness in whole body, especially in chest. Noticed I was holding my breath</i>

Let's also keep track of all negative beliefs and associated memories using this grid, but please note the following: 1. Use this grid when you are in a calm state. 2. Use this Grid as a journaling prompt. 3. Do not dig for memories. We either are experiencing recent memories/triggers or we are not. Do not go into detail about a past memory. Just write down the HEADLINE. In EMDR, we do not need every detail. We want to prevent re-traumatization and flooding.

NEGATIVE EARLY BELIEF	AGE when first heard this from a parent/adult directly or indirectly with their actions	Memory Only write the Headline or Title	Desired Positive Belief	SUD (0-10) <i>0=neutral/10=highest you can imagine</i>
<i>Example: I am not good enough</i>	5 Heard from Dad	Poking Fun at Me; Yelling	I am fine as I am	7 Tense shoulders and facial muscles

Adapted from: Dr. Shapiro's (2012) book "Getting Past Your Past" pages 91-94 for a full description on using this log.

Adapted from ©2001 Francine Shapiro – Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures. 2nd edition text, page 429.