

# EMDR Preparation Worksheet

July 15, 2025

This worksheet is designed to help you prepare for Eye Movement Desensitization and Reprocessing (EMDR) therapy by identifying anxiety triggers, memories, beliefs, and coping strategies. Use the columns to reflect on your experiences. Fill in one row per anxiety trigger or memory. Print multiple copies if needed. Consult a trained EMDR therapist for professional guidance.

Anxiety Trigger	Related Memory	Negative Belief	Desired Positive Belief	Current Coping Strategies

Anxiety Trigger	Related Memory	Negative Belief	Desired Belief	Positive	Current Strategies	Coping

Anxiety Trigger	Related Memory	Negative Belief	Desired Belief	Positive	Current Strategies	Coping