

**Client History Interview**

**Top 10 Negative Memories**

Remember to fill in one row completely, then go to the Top 10 Positive Memories document and fill in one row completely there.

Return here and start again on another memory, fill in the row, then return to the Positive Memory document.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age** | **Specific Memory OR**  **Representative Memory for Repeated Experiences** | **Symptom (Behavior, Emotion, Urge)** | **Emotions NOW** | **Intensity NOW 0-10** | **Negative Cognition NOW** |
|  |  | Behavior:  Emotion then:  Urge: |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  | Behavior:  Emotion then:  Urge: |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  | Behavior:  Emotion then:  Urge: |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
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Adapted from Shapiro, F. (2018). Eye movement desensitization and reprocessing (EMDR): Basic principles, protocols, and procedures, third edition. New York: Guilford Press. & Morgan, S. (2018). The readiness course for EMDR clinicians: A model and practicum for how to begin with non-dissociative complex trauma cases (online course).

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