

**Client History Interview**

**Top 10 Positive Memories**

Complete one full row here, thinking of a positive memory; then, return to the Top 10 Negative Memory document and complete one row on that sheet. Then, return here and complete another row with a second positive memory until you reach 10 total. If you cannot find 10, do as many as you can.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **Specific Memory OR**  **Representative Memory for Repeated Experiences** | **Emotions NOW** | **Intensity NOW 0-10** | **Positive Cognition NOW** |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |
|  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |

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).

©Susanne Morgan, LMFT ~ EMDR Readiness Academy (Updated March 2020)

Individual permission granted to reprint for EMDR Training participants of EMDR Readiness Academy