



# EMDR Assessment Worksheet

Phase 3 - Assessment

For: Therapist

**Intended use**

Gather target components before reprocessing: image, NC, PC, VOC, emotion, SUD, and body sensation.

**Therapist-guided note**

Use client language where possible. Avoid forcing perfect wording; the therapist determines whether the assessment is complete enough to proceed.

**Target memory / incident**

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**Worst image or representative picture**

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**Negative cognition (NC) - what does this say about self now?**

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**Positive cognition (PC) - what would the client rather believe?**

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**VOC scale 1-7 - how true does the PC feel now?**

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**Emotion(s) present**

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**SUD scale 0-10 - disturbance now**

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**Body sensation / location / quality**

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**Notes before processing**

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## Clinical frame

Built around the EMDR eight-phase structure, SUD/VOC tracking, bilateral stimulation as therapist-led dual attention, body-based noticing, closure, and reevaluation. Review and adapt all wording to the client and clinical context.

For EMDR-informed clinical support. Not a substitute for EMDR training, supervision, diagnosis, crisis care, or clinical judgment.