



Trigger Tracker

Between Sessions

For: Client

Intended use

Track activations outside session so the therapist and client can notice patterns and plan support.

Therapist-guided note

This is for between-session noticing, not self-processing trauma. Pause and use grounding if distress increases.

Trigger / situation

Emotion(s)

Body response

Urge or action



What helped?

Intensity before / after

What I want to bring to therapy

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.