

EMDR Resourcing Plan

A personalized guide to help you stay grounded and supported during EMDR sessions

Calming Practices That Work for Me

What activities help you feel more grounded, calm, or present? (e.g., walking, yoga, journaling, stretching, guided breathing)

Comforting People or Imagery

Who or what brings you a sense of safety or comfort when you think of them? (e.g., pets, a nurturing person, a calming place, spiritual symbols)

Grounding Tools I've Used (or Want to Try)

What grounding techniques have worked for you—or might be worth trying? (e.g., 5-4-3-2-1 senses exercise, movement, holding ice, affirmations)

Words or Affirmations That Help

Write a few phrases or reminders that help soothe or anchor you. (e.g., "This feeling will pass," "I'm safe right now," "I can take things one moment at a time")

Signals I'm Getting Dysregulated

What signs do you notice in your body or mind when things are too much? (e.g., zoning out, racing heart, tight chest, nausea, feeling numb, irritation)

If I Need to Pause...

How would you like to pause or reset if you get overwhelmed during a session? (e.g., take a few deep breaths, stand up and stretch, use grounding object)

Post-Session Care

List 2–3 things you can do to care for your body and mind after EMDR sessions. (e.g., nap, walk, tea, journal, quiet time, listen to calming music)
