



Modern Mental Health, Unlocked

Session Reflection Journal Support for Resourcing & Reprocessing Phases

Use these prompts to reflect after your EMDR sessions. They can help you process your experience

■ Resourcing Session

1. What resource(s) did we use today (e.g., Safe Place, Butterfly Hug)?
2. How did I feel emotionally before the session?
3. How do I feel now?
4. What helped me feel calm, connected, or safe?
5. Any images, sensations, or memories that stood out?
6. What can I do between sessions to keep practicing resourcing?

■ Reprocessing Sessions

1. What memory or target did we focus on today?
2. What thoughts or beliefs came up during the session?
3. What emotions and body sensations did I notice?
4. What's different now about how I view the memory?
5. Did any positive beliefs begin to stick?
6. What do I need to support myself between now and the next session?

■■ Notes, Thoughts, or Insights

(Use the space below for journaling or free writing)