AVAIL
Counseling and Psychotherapy, LLC

Feelings/Reactions Journal Prompts

GOAL: Record changes/experiences that come up between EMDR sessions

INSTRUCTIONS: Using the following Hoffman Feelings/Sensations list and list of positive and negative cognitions, provide answers to the following questions for any experiences (memories, images, sensations, emotions) that emerge in the hours/days following a desensitization session.

- **Date and Time:** This helps to consider the context of the situation/event when looking back on it later.
- **Situation/Trigger:** What was happening when this memory, image, or sensation appeared
- **Image/Memory**
- **Emotion(s) felt**
- **Intensity of distress (Scale of 1-10)**
    - 1 = very low, 10 = very high
- **Physical sensations**
- **Cognitions/Thoughts**
    - Examples: “I am helpless” or “I’m responsible”
- **Reaction/Coping Behavior**
    - What did you do as a result of this feeling (positive or negative)?
- **Additional notes**

hoffman
When you're serious about change

Feelings List

Accepting / Open
Calm
Centered
Content
Fulfilled
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Aliveness / Joy
Amazed
Awe
Bliss
Delighted
Eager
Ecstatic
Enchanted
Energized
Engaged
Enthusiastic
Excited
Free
Happy
Inspired
Invigorated
Lively
Passionate
Playful
Radiant
Refreshed
Rejuvenated
Renewed
Satisfied
Thrilled
Vibrant

Angry / Annoyed
Agitated
Aggravated
Bitter
Contempt
Cynical
Disdain
Disgruntled
Disturbed
Edgy
Exasperated
Frustrated
Furious
Grouchy
Hostile
Impatient
Irritated
Irate
Moody
On edge
Outraged
Pissed
Resentful
Upset
Vindictive

Courageous / Powerful
Adventurous
Brave
Capable
Confident
Daring
Determined
Free
Grounded
Proud
Strong
Worthy
Valiant

Connected / Loving
Accepting
Affectionate
Caring
Compassion
Empathy
Fulfilled
Present
Safe
Warm
Worthy

Curious
Engaged
Exploring
Fascinated
Interested
Intrigued
Involved
Stimulated

Despair / Sad
Anguish
Depressed
Despondent
Disappointed
Discouraged
Forlorn
Gloomy
Grief
Heartbroken
Hopeless
Lonely
Longing
Melancholy
Sorrow
Teary
Unhappy
Upset
Weary
Yearning

Disconnected / Numb
Aloof
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lethargic
Listless
Removed
Resistant
Shut Down
Uneasy
Withdrawn

Embarrassed / Shame
Ashamed
Humiliated
Inhibited
Mortified
Self-conscious
Useless
Weak
Worthless

Fear
Afraid
Anxious
Apprehensive
Frightened
Hesitant
Nervous
Panic
Paralyzed
Scared
Terrified
Worried

Fragile
Helpless
Sensitive

Grateful
Appreciative
Blessed
Delighted
Fortunate
Grace
Humbled
Lucky
Moved
Thankful
Touched

Guilt
Regret
Remorseful
Sorry

Hopeful
Encouraged
Expectant
Optimistic
Trusting

Powerless
Impotent
Incapable
Resigned
Trapped
Victim

Tender
Calm
Caring
Loving
Reflective
Self-loving
Serene
Vulnerable
Warm

Stressed / Tense
Anxious
Burned out
Cranky
Depleted
Edgy
Exhausted
Frazzled
Overwhelm
Rattled
Rejecting
Restless
Shaken
Tight
Weary
Worn out

Unsettled / Doubt
Apprehensive
Concerned
Dissatisfied
Disturbed
Grouchy
Hesitant
Inhibited
Perplexed
Questioning
Rejecting
Reluctant
Shocked
Skeptical
Suspicious
Ungrounded
Unsure
Worried

Body Sensations

Achy
Airy
Blocked
Breathless
Bruised
Burning
Buzzy
Clammy
Clenched
Cold
Constricted
Contained
Contracted
Dizzy
Drained
Dull
Electric
Empty
Expanded
Flowing
Fluid
Fluttery
Frozen
Full
Gentle
Hard
Heavy
Hollow
Hot
Icy
Itchy
Jumpy
Knotted
Light
Loose
Nauseous
Numb
Pain
Pounding
Prickly
Pulsing
Queasy
Radiating
Relaxed
Releasing
Rigid
Sensitive
Settled
Shaky
Shivery
Slow
Smooth
Soft
Sore
Spacey
Spacious
Sparkly
Stiff
Still
Suffocated
Sweaty
Tender
Tense
Throbbing
Tight
Tingling
Trembly
Twitchy
Vibrating
Warm
Wobbly
Wooden

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CORE BELIEF CLUSTERS: Developmental Plateaus

NEGATIVE	ADAPTIVE
SURVIVAL	
I am abandoned.	*I can survive / exist / get my needs met.*
I am alone.	*I can survive / exist / get my needs met.*
It's not safe to feel.	*I can begin to learn when and how to…*
I am unimportant.	*I have value regardless.*
I am invisible.	*I can get my needs met.*
RESPONSIBILITY	
Control	
I am powerless / helpless / trapped.	*I can control what I can in …*
I have to be in control.	*I can safely let go of some control.*
I am responsible.	*I can recognize appropriate responsibility.*
I should have done something.	*I did what I could.*
Shame	
I am... (core sense of self)	
I am unlovable / undeserving.	*I am okay as I am.*
I am worthless / defective.	*I am okay as I am.*
I am bad / selfish.	*I can accept myself.*
I am not good enough.	*I am good enough.*
I am inadequate.	*I can accept myself.*
I am responsible.	*I can recognize appropriate responsibility.*
Guilt	
I did... (self-evaluation of behaviors)	
I am bad.	*I can learn from my mistakes.*
I am a failure.	*I did the best I could.*
I am responsible.	*I can recognize appropriate responsibility.*
I have to be in control.	*I can recognize what I can and cannot control.*
I am powerless / helpless / trapped.	*I can control what I can.*
I should have done something.	*I did what I could.*
VULNERABILITY	
I am vulnerable.	*I can protect myself*.
I am powerless.	*I can control what I can*.
I am helpless.	*I can control what I can*.
I am trapped.	*I can control what I can*.
JUDGMENT	
I can't trust my judgment.	*I can learn how to trust my judgment*.
PTSD ("T" trauma—child or adult onset)	
I am going to die.	*I survived.*
I am in danger.	*I can survive.*
I am overwhelmed.	*I can get through it.*