Memory and Lie Log

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| --- | --- | --- | --- | --- |
| Date | What was your experience? | SUD 0-10 | What was the memory or lie? | Savor what is new and true. |
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Memories and Lies

* EMDR is based on earlier experiences as the root of both dysfunction and health.
* The traumatic experiences become stuck in the system and create patterns that become the way we see ourselves and the world around us – our perceptions, attitudes and beliefs.
* When something happens in the moment that activates the inadequately processed memory, it comes up as it was originally stored and appears to be an “overreaction”.
* The limiting belief we have about ourselves is the “lie” and most likely the conclusion we drew about ourselves or the world at the time of the original event.

The cure for pain is in the pain.

-RUMI

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