**Is EMDR Therapy Right for You?**

There are many kinds of symptoms or problems clients bring to EMDR therapy from home, work, or relationships. People tend to think that EMDR only helps people who suffer from severe experiences like auto accidents, war, sexual abuse and rape. If you have suffered from these traumas, EMDR might be very helpful for you. But other issues can also be helped with EMDR.

Answer the following questions with a “Yes” or “No” to see if EMDR might be helpful to you.

\_\_\_ I find it difficult to be assertive in my relationships at work or at home.

\_\_\_ I struggle with body image thinking I’m fat when others think my body is thin.

\_\_\_ I overeat when I get emotionally upset.

\_\_\_ I feel anxious or depressed most of the time.

\_\_\_ I have the tendency to procrastinate and feel bad about myself.

\_\_\_ I have behaviors that sabotage my efforts to succeed.

\_\_\_ I have a low tolerance for frustration or anger.

If you answered yes to one or more of these statements, you may find EMDR therapy helpful to you. Only a qualified doctor or therapist can give you the diagnosis of PTSD.