**Is E.M.D.R. Treatment Right for you?**

The following are questions that are relevant to find out if you would benefit from treatment:

1. Think of something that frequently bothers you.
2. What negative feelings are you now experiencing?
3. What negative thought do you now have? Examples: I am worthless, not good enough, inadequate, vulnerable (not safe).
4. Now, allow yourself to float back to an earlier time, perhaps sometime in childhood with your parents, when you felt and thought the same way. When was that time?
5. If you identified an earlier time, on a scale of 0 to 10, where 0 is no disturbance and 10 is as high as you can imagine, how distressing are these feelings right now?
6. If you rated this memory at a “2” or higher, then that memory has become stuck and could benefit from being reprocessed with E.M.D.R.

*This test is gratefully used with the permission of Roy Kiessling, L.I.S.W., the E.M.D.R.A. approved consultant to who developed it.*