

OBSTACLE

SKILLS &
SUPPORTS

GOAL/TASK

CHARACTER

OVERCOMING
THE OBSTACLE

ENDING

FUTURE SERIES

TITLE

CHARACTER

GOAL/TASK

SKILLS &
SUPPORTS

OBSTACLE

OVERCOMING
THE OBSTACLE

ENDING

TITLE

FUTURE SERIES

Transformative Journey Storytelling Method for EMDR Preparation

STEP 1: PREPARATION

Invite your client to fold their worksheet into a booklet using these instructions:



Guide your client through each step of the story, allowing time for them to draw, write, visualize, act out or represent their story how they'd like.

STEP 2: CHARACTER

Choose a character for your story. This character can be based on you, another person (real or imagined), animal, mythical being, or something completely imaginary.

Who is this character?

Where do they live?

Imagine who or what is around them - maybe people, nature, plants or animals.

Represent your character and their surroundings in any way you'd like.

STEP 3: GOALS/TASK

Your character is seeking something. Maybe it's something they really want to do or achieve, or maybe it's something they've lost and they'd like to get it back.

What is your character's goal?

Represent this goal in any way you'd like.

STEP 4: SKILLS & SUPPORTS

What skills or supports does your character have to help them reach their goal?

Maybe special abilities or qualities, or perhaps something or someone to offer guidance or protection?

Represent the skills and supports that help your character feel prepared for their journey in any way you'd like.

STEP 5: OBSTACLE

Imagine your character sets off on their journey towards their goal.

There are adventures, twists and turns, and as your character continues forward, something suddenly appears and gets in their way.

Maybe something threatening or scary ...What is the obstacle?

Represent this obstacle in any way you'd like.

STEP 6: OVERCOMING THE OBSTACLE

Your character doesn't turn around, they know they have to face and overcome this obstacle to reach their goal and complete their journey...

What do they do? How do they do it?

Represent how your character overcomes the obstacle in any way you'd like.

STEP 7: ENDING

After facing and overcoming the obstacle, your character finally completes their journey and reaches their goal. What happens next in the character's life - what's different?

Represent your character completing their journey in any way you'd like.

STEP 8: STORYTELLING

Now, you are the storyteller.

I will listen to you tell your story from beginning to end.

When you have finished telling your story, we will reflect on your character's journey together.

Step 9: Reflection Questions

OPEN REFLECTION

Did anything surprise you about your story?

EMBODYING THE ENDING

Imagine what it would feel like to be your character at the end of the story, when they reach their goal. What sensations do you notice in your body as you imagine that?

Sensations: _____

POSITIVE COGNITIONS

What words do you imagine your character saying to her/his/themself in that scene at the end, when they finally reach their goal and complete their journey?

The Positive Cognitions:

Is there a posture or movement that goes with those words?
If so, explore that movement, noticing how it feels in your body.

NEGATIVE COGNITIONS

Now go back in the story to that moment when your character first encountered the _____
(name the obstacle using the clients words from their story).

Imagine what it would feel like to be your character in that scene, seeing the obstacle for the first time.
What negative words do you imagine your character saying to her/his/themself?
The Negative Cognitions

PC + OBSTACLE

Now look at the obstacle while also remembering how it felt to

_____ (name the goal that was reached using the client's words from their story).

Imagine the obstacle in your mind while hearing those positive words _____ (state the PC) and making the posture or movement that goes with it.

(+BLS)

ADDITIONAL RESOURCING

Is there anything your character needs to know or hear to believe that they have what it takes to overcome the obstacle and complete their journey?

Imagine that you, or perhaps someone else, enters that scene in your story and lets your character know that with words or in any way that helps your character take in that message.

(+BLS)

How do you imagine your character feels now when they see the obstacle?

TITLE

Think of a title for your story.
Write the title of your story on the front page and any pictures that may go with it.

FUTURE SERIES

Now imagine into your character's future - what happens next in his/her/their life? What other journeys and adventures might he/she/they go on?

If you'd like, you could write the title of the sequel to this story and any words or pictures that may go with it.

Step 10: Relating the Story to the Journey of EMDR

Our work together will also be like a transformative journey, only that the obstacles you'll overcome are the things that happened in your past, like the memories that continue to get in your way or hold you back, just like the _____ in your story.

[Therapist names the obstacles in the client's story.]

You will also face and overcome these obstacles, one step at a time, so you can clear your path and move towards your goals.

Like with any journey, it's always important to prepare beforehand. To prepare for this journey, we'll work together to strengthen your skills, supports, and resources so you can carry them with you, just like how your character _____.

[Therapist names skills and supports from the client's story that helped them prepare for the journey.]

I will be like a guide, accompanying you and helping to map out the journey, and carrying some of the tools you might need along the way, but I also trust you to lead the way to the places where you'll find the healing you need to resolve your past.

Completing your journey will allow you to rewrite your story in a way that honors your courage and strength, and brings new meaning and direction into your life, so you can experience the rewards of meeting your goals, like how your character was able to _____ when they completed their journey.

[Therapist names how reaching the goal at the end of the story changed the character's life.]