Resourcing & Behavioral Rehearsal Worksheet

EMDR Deconstructed ~ Linda A. Curran, BCPC, LPC, CAADC, CCDPD

Part 1: Resource Identification

A resource is not a relaxation exercise. It is a neural network you are deliberately strengthening. Choose one:

Resource Type	Description	Best For
Comfortable Place	A place your body remembers as okay (not “safe” ~ for some, safe has no referent)	Grounding, regulation, containment
Triumphant Self (Fiero)	Your own evidence of competence ~ a moment you mastered something	Confidence, self-efficacy, rehearsal prep
Wise Self	A version of you who has already come through this	Perspective, decision-making, self-compassion
Ideal Protector	An imaginal figure with the qualities you needed	Attachment repair, safety, containment

Resource I’m working with today: _____

Part 2: Sensory Activation

Activate the resource across sensory channels. The more channels engaged, the stronger the installation.

What do you see? _____

What do you hear? _____

What do you feel in your body? _____

Where in your body do you feel it most?

_____

What emotion is present? _____

Rate the strength of this resource (0-10): _____

Part 3: ABLS Pairing (Resource Development and Installation)

The RDI formula:

1. **Activate** the resource (Part 2 above ~ hold it in mind)
2. **Pair with ABLS** ~ butterfly hug, 6-12 slow passes
3. **Check** ~ did it strengthen, stay the same, or did something intrude?

Set	ABLS Type	Passes	Result
1	Butterfly hug / Tapping / _____	6-12	Strengthened / Same / Intrusion
2			
3			
4			

If something intruded: Stop. Ground. Contain. Do not process. The intrusion is information for your clinician ~ note it here:

Resource strength after installation (0-10): _____

Part 4: Behavioral Rehearsal

Resourcing without rehearsal stays imaginal. Rehearsal bridges the gap to real-world action.

Target behavior ~ what do you need to do in the world?

When will you do it? _____

What might get in the way? _____

Part 5: The Rehearsal Sequence

Step 1: Resource Activation

Activate the resource you installed above. Feel it in your body. Rate its strength: _____

Step 2: Imaginal Rehearsal

Walk through the scene in your mind with full sensory detail:

Where are you? _____

What do you see around you? _____

What are you doing? _____

What do you say (if anything)? _____

How does your body feel while doing it?

_____

Step 3: ABLS During Rehearsal

Hold the imaginal scene while doing butterfly hug or tapping. 6-12 slow passes.

Set	What you noticed
1	
2	
3	

Step 4: Body Check

Does your body believe you can do this? (0-10): _____

If below 5: return to resource activation. The body needs more before it will believe the rehearsal.

If 5 or above: proceed to future template.

Step 5: Future Template

Imagine yourself having done it. It's over. You did it.

What do you notice in your body now?

_____

What emotion is present? _____

Pair with ABLS (6 passes). Let the completion settle.

Part 6: Between-Session Practice

Practice your resource daily (2-3 minutes). The neural network strengthens with repetition.

Day	Resource practiced	Strength before (0-10)	Strength after (0-10)	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Part 7: Post-Action Reflection

After you've done the target behavior in the real world:

Did you do it? Yes / Partially / Not yet

What happened? _____

How did your body respond? _____

What would you rehearse differently next time?

_____

New resource strength (0-10): _____

Quick Reference: Butterfly Hug Protocol

1. Cross arms over chest, fingertips resting below collarbones
2. Alternate tapping: left, right, left, right

3. Pace: slow and steady (about 1 tap per second)
4. Eyes: open or closed (open if dissociation is a concern)
5. Duration: 6-12 passes per set
6. Between sets: pause, breathe, notice

Remember: ABLS is a regulation tool as much as a processing tool. You can use it for calming without ever touching trauma material.

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