Worksheets from *EMDR Deconstructed: Flexibility Beyond Manuals and Protocols*

Drawn from these chapters:

Chapter 2: Dissociation and Complex Trauma: Comprehensive Assessment and Strategies for Modifying Treatment (The Most Important Chapter)

Chapter 4: Enhancing Resilience: Integrating Imaginal Resources with Behavioral Rehearsal

Chapter 5: Transforming Compulsive Behaviors: Flexible Interventions with EMDR and Recovery Tools

Chapter 6: Attachment and Trauma: Relational Styles and Interventions for Each



emdrdeconstructed.com/worksheets

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Chapter 2

IFS-Based Dissociation Interview (Sections 1-3 and 5)

This interview integrates Internal Family Systems (IFS) principles with the Theory of Structural Dissociation. It is intended for use with clients presenting with secondary or tertiary dissociation. Approach with curiosity, compassion, and courage. The goal is not merely information gathering, but fostering a safe and collaborative relationship with the client's internal system.

Section 1: Initial Intake and Parts Mapping

1.1 Introduction to Parts Language

1. "I'd like to talk about the different parts of you. Sometimes we have different sides of our personality, like a part that's a people-pleaser, a part that gets angry, or a part that feels very young and scared. Does that idea make sense to you?"
2. "Have you noticed different parts of yourself with their own feelings, thoughts, or ways of being?"

1.2 Identifying Key Parts

1. "Let's see if we can get to know some of your parts. Can you tell me about a part of you that you know well?"
    - "What are some of the main 'characters' in your internal world?"

    For each part identified, ask:

    - ✓ "What is this part's name or what does it feel like?"
    - ✓ "How old does this part feel?"
    - ✓ "What is its main job or role in your life? How does it try to help you?"
    - ✓ "What is this part most afraid of?"
    - ✓ "What emotions does this part usually carry?"
    - ✓ "When did you first notice this part?"

1.3 Mapping Protector Parts (Managers and Firefighters)

1. Managers (Proactive Protectors):
    - ✓ "Is there a part of you that tries to keep things under control, organized, or perfect?"
    - ✓ "Do you have a part that is a strong critic or pushes you to be better?"
    - ✓ "Is there a part that tries to please others to keep you safe?"
2. Firefighters (Reactive Protectors):
    - ✓ "When you feel overwhelmed by difficult emotions, what happens? Is there a part that jumps in to distract you or numb the pain?"
    - ✓ "What does this part do? (e.g., self-harm, substance use, binge-watching, dissociating)"

- ✓ “What is this part trying to protect you from feeling?”

1.4 Identifying Exile Parts (Young, Vulnerable Parts)

1. “Are there parts of you that feel very young, fragile, or carry a lot of pain?”
    - ✓ “What are the feelings that your protector parts are trying to keep you from feeling?”
    - ✓ “If you were to gently check inside for a part that feels sad, scared, or ashamed, what do you notice?”

- For each Exile identified:

- ✓ “How old does this part feel?”
- ✓ “What does this part carry? (e.g., memories, emotions, beliefs)”
- ✓ “What does this part need most?”

Section 2: Dissociation and Co-Consciousness Assessment

2.1 Awareness and Communication

- ✓ “Are your parts aware of each other?”
- ✓ “Can they communicate with each other? If so, how? (e.g., thoughts, images, feelings)”
- ✓ “Is there a part that knows about all the other parts?”
- ✓ “How much of the time do you feel like your true Self, the calm, compassionate you?”

2.2 Amnesia and Memory

- ✓ “Do you ever lose time? Have you been told you’ve done or said things you don’t remember?”
- ✓ “Are there gaps in your memory of your childhood or other important life events?”
- ✓ “Do some parts have memories that other parts don’t?”

2.3 Switching and Blending

- ✓ “Do you ever feel like a different part has taken over? What is that like?”
- ✓ “What are the triggers that cause a different part to come forward?”
- ✓ “How do you know when a different part is present or ‘blended’ with you?”
- ✓ “On a scale of 1-10, how much control do you feel you have when a part takes over? (1 = no control, 10 = full control)”

Section 3: Window of Tolerance Exploration

3.1 Understanding the Window "The 'window of tolerance' is the zone where we feel we can handle life's ups and downs. When we're outside the window, we might feel overwhelmed (hyperaroused) or shut down (hypoaroused). Does this idea make sense?"

3.2 Assessing the Client's Window

- ✓ "What does it feel like in your body when you are in your window of tolerance?"
- ✓ "What are the early warning signs that you are moving toward feeling overwhelmed? (e.g., racing heart, shallow breathing, tense muscles)"
- ✓ "What are the early warning signs that you are moving toward shutting down? (e.g., feeling numb, tired, disconnected)"

3.3 Parts and the Window of Tolerance

- ✓ "Do different parts have different windows of tolerance?"
- ✓ "Are there some parts that can handle more intense feelings than others?"
- ✓ "Which parts get activated when you are outside your window of tolerance?"
- ✓ "How do your protector parts try to manage when you are outside your window?"

Section 4: Somatic and Body-Based Awareness

4.1 Body Connection

- ✓ "How connected do you feel to your body on a daily basis?"
- ✓ "Are there times when you feel disconnected or numb in your body?"
- ✓ "Do different parts live in different areas of your body?"

4.2 Grounding and Centering

- ✓ "What helps you feel grounded in the present moment when you are feeling overwhelmed or disconnected?"
- ✓ "Let's try a quick body check-in. Can you feel your feet on the floor? What does that feel like?"

Chapter 4

Client Handout: Skills to Stay Stable

When therapists say a client has the skills to stay stable, they mean the client has developed, and practices, effective strategies to stay grounded in the present moment and maintain balance within their window of tolerance. This is the emotional and physiological range where you feel safe, connected, and able to manage stress. These skills address two primary challenges:

- Arousal reduction: Calming the hyperarousal of the sympathetic fight-or-flight response.
- Dissociation reduction: Counteracting the hypoarousal and shutdown associated with the dorsal vagal state. While hyperarousal and dissociation seem like opposites, the techniques to manage them often overlap. Both involve activating the vagus nerve, the body's pathway to calm and balance. In a Nutshell Stress and overwhelm hijack your nervous system, leaving you stuck in one of two dysregulated states:
- Sympathetic Overdrive (Fight-or-Flight): Racing thoughts, restlessness, sweating, a pounding heart, or feeling like you need to escape.
- Dorsal Shutdown (Collapse): Feeling heavy, disconnected, emotionally numb, or like nothing matters.

The Good News You can reset your nervous system with simple, practical exercises tailored to each state. Practice them regularly so they become second nature when you need them most.

35 Tools for Nervous System Regulation Instructions:

- Identify your current state: Are you feeling hyperaroused (sympathetic overdrive) or disconnected (dorsal shutdown)?
- Select a reset exercise: Choose one or more exercises tailored to your current state from the lists below.
- Practice regularly: Even when you're calm, practicing these resets builds muscle memory.
- Reflect on the impact: Notice how your body and emotions change after completing an exercise.

20 Exercises to Reset Out of Sympathetic Overdrive (Fight-or-Flight)

1. Reset & Dunk: Submerge your face in ice water for 10–15 seconds. Activates the mammalian diving reflex.
2. Reset & Swish: Hold warm tea or water in your mouth for 10–15 seconds. Swallow slowly.
3. Reset & Hum: Hum a tune or single note for 30–60 seconds, feeling the vibration in your throat.
4. Reset & Chill: Hold a cool washcloth against your cheeks, neck, or wrists for 30 seconds.
5. Reset & Tap: Tap on acupressure points (e.g., between eyebrows or on the chest) for 30 seconds each.
6. Reset the Flow: Run warm water over your hands for 30 seconds, alternating with cold water.
7. Reset & Gaze: Find a neutral object and softly focus on it for 1–2 minutes while breathing slowly.
8. Reset & Scribble: Scribble randomly on paper for 1–2 minutes, letting your hand move freely.
9. Reset & Wrap: Wrap yourself in a blanket or hug a weighted pillow for 1–2 minutes.
10. The Mindful Sigh: Inhale deeply through your nose. Take a second, shorter inhale. Exhale slowly and completely through your mouth. Repeat for 1–5 minutes.
11. Cognitive Override: Simple affirmations like “I’m just triggered” to counteract negative cognitions.
12. Journaling After Nightmares: Writing about a nightmare and then containing it (e.g., folding the page).
13. Dual Awareness: Simultaneously attending to internal sensations and external surroundings.
14. Neurovascular Hold: Placing one hand on the forehead and the other at the base of the skull, combined with slow breathing.
15. Containment Pose: Crossing the arms and holding the shoulders or triceps.
16. Breathing Exercises: Techniques such as the Reset Breath or Bee Breath.
17. Rub Hands Together or Clench Fists: Generating heat or physical movement engages sensory pathways.
18. Havening Touches (Face Strokes): After rubbing palms together, use fingertips to lightly stroke from the center of the forehead outward to the temples, and under the eyes down the cheekbones, similar to washing your face.
19. Tapping Acupressure Points: Stimulating specific points like the forehead or chest.
20. Mantra Practice: Repeating a soothing phrase such as “I am safe.”

15 Exercises to Reset Out of Dorsal Vagal Shutdown (Freeze or Collapse)

1. Reset & Shine: Sit in sunlight for 2–5 minutes, stretching upward as you breathe deeply.
2. Reset & Wiggle: Wiggle your toes and fingers, letting the movement spread through your body.
3. Reset & Roll: Roll a tennis ball under your feet for 1–2 minutes. Focus on the sensations.
4. Reset & Sway: Stand with feet shoulder-width apart and gently sway side to side.
5. The Half-Salamander: Shift your eyes to the right, then tilt your head toward your right shoulder. Hold for 30 seconds. Repeat on the left.
6. The Full Salamander: On all fours, twist your spine and tilt your head gently to each side. Hold for 30 seconds.
7. Tap or Press Acupressure Points as you remind yourself of things you know are inarguably true.
8. Reset & Ground: Sit with your feet flat on the floor. Press them firmly into the ground while breathing deeply.
9. Stand on one foot or sit on an exercise ball/mini-trampoline to enhance balance and proprioception.
10. Reset & Sip: Alternate between sipping warm tea and cold water, focusing on the contrast.
11. Awareness Calling: Change your phone's notification tones to bring you back to awareness.
12. Count on It: Try counting by a specific interval (3s, 4s) or multiplying numbers.
13. Don't Act Senseless: Open your eyes and look around. Uncover your ears. Speak, hum, or sing. Smell clove or peppermint. Eat something sour.
14. Broadcast Safety: Talk to the parts inside of you that are triggered. Remind them that they are safe.
15. Grounding Stone: Keep a grounding stone in your pocket. Run your fingers over it, noticing the texture and temperature.

Worksheet: Embracing Your Triumphant Self Through Fiero

Purpose: This worksheet is designed to help you identify and connect with moments in your life when you've experienced fiero: a deep, rewarding feeling of having overcome a significant challenge through your efforts. By recognizing and reflecting on these moments, you can cultivate a greater sense of self-efficacy, resilience, and personal pride.

Part 1: Identifying Your Fiero Moments

- Reflect on Your Achievements: Think about times in your life when you've overcome a significant challenge. This could be related to personal growth, professional achievements, academic success, or overcoming personal obstacles.
- Describe the Challenge: Briefly describe a situation where you faced a significant challenge. What made it difficult? Why was it important to you?
- Your Actions: Detail the steps you took to overcome this challenge. How did you approach the situation? What qualities or strengths did you draw upon?
- The Moment of Success: Describe the moment you realized you had overcome the challenge. What were you doing? How did you feel in that instant?

Part 2: Visualizing Your Fiero with ABLS

Create a Vivid Image: Using your description from Part 1, close your eyes and vividly imagine the moment of success. Involve all your senses in this visualization while engaging in alternating bilateral stimulation (ABLS), such as gently tapping your shoulders alternately.

- Sensory Details: What can you see, hear, smell, or feel? Imagine the environment around you and any sounds or sensations present at the moment of achievement. Use ABLS to deepen your connection to these sensations.
- Emotional Landscape: Dive deep into the emotions you felt. Beyond just happiness or satisfaction, focus on the unique feeling of fiero. What does this emotion feel like in your body? Where do you feel it most strongly? Use ABLS to help anchor these feelings in your body.
- Self-Reflection: Reflect on what this accomplishment says about you as a person. What strengths or qualities does this reveal? Use ABLS to reinforce these positive reflections.

Part 3: Embodying Your Fiero with ABLS

Bringing Fiero into the Present: Now that you've identified and visualized your fiero moment, it's time to connect that feeling to your current self, using ABLS to enhance the embodiment process.

- Drawing Strength: Think about a current challenge you're facing. How can recalling the feeling of your triumphant moment help you in this situation? Imagine infusing this current challenge with the same strength and determination while engaging in ABLS.
- Physical Embodiment: Reflect on the physical sensations and body posture you experienced during your moment of fiero. Stand up and physically mimic the posture you held or imagine holding in that triumphant moment, using ABLS to deepen the embodiment. Notice how embodying this posture makes you feel now.
- Movement of Triumph: Replicate the celebratory gesture or movement from your fiero moment, or create one that represents your triumph. As you perform this movement, engage in ABLS to further anchor the experience in your body.

Part 4: Applying Fiero to Current and Future Challenges

Visualization and Strategy: Use the vivid memory of your fiero moment, combined with ABLS, to apply this resilience and strength to current and upcoming challenges in your life.

- Daily Practice: Each day, take a moment to stand in your fiero posture, embody the sensations of triumph, and make the movement of victory, integrating ABLS into this practice. Use this as a daily reminder of your strength and capability.
- Current Challenges: Identify a challenge you're currently facing. Visualize yourself overcoming this challenge with the same ferocity and determination you had during your fiero moment. Engage in ABLS as you visualize, and notice how it strengthens your confidence.
- Future Visualization: Imagine a future scenario where you achieve something significant. Visualize this scene in detail, focusing on the sensations in your body and the emotions of fiero while using ABLS to reinforce these feelings.

Worksheet: Harnessing Power Posing for Confidence and Resilience

Purpose: This worksheet is designed to help you utilize the technique of power posing, combined with alternating bilateral stimulation (ABLS), to enhance your sense of confidence, resilience, and personal power. By adopting specific postures associated with strength and expansiveness, you can influence your mental and emotional state, preparing yourself to face challenges with greater assurance. A note on the evidence: power posing works here as a subjective embodiment exercise, a way to use posture to shift how you feel, not as a hormonal intervention. The original neuroendocrine claims have not held up in replication, but the felt sense of confidence that expansive posture can support is what this worksheet draws on.

Part 1: Identifying Your Power Poses

Reflect on Your Body Language: Think about times when you've felt confident and in control. What was your body language like during those moments? What postures did you naturally assume?

- Posture Awareness: Briefly describe a situation where you felt particularly confident or powerful. How were you standing or sitting? What was your body doing?
- Body Language Reflection: Consider your posture, gestures, and the way you carried yourself. Did you stand tall? Were your shoulders back? Were your arms open or your hands on your hips?
- Choosing Your Power Pose: Based on your reflections, choose one or two power poses that you can practice regularly. These might include standing with your hands on your hips, raising your arms above your head in a V-shape, or leaning back with your arms behind your head.

Part 2: Practicing Your Power Pose with ABLS Create a Routine: Now that you've identified your power poses, it's time to practice them regularly, integrating ABLS to internalize the feelings of confidence and strength they bring.

- Morning Routine: Start your day by holding your chosen power pose for two minutes while engaging in ABLS. Stand in front of a mirror if possible, and observe how your posture and ABLS affect your mood and mindset.
- Pre-Challenge Preparation: Before facing a challenging situation (like a meeting, presentation, or difficult conversation) take a moment to assume your power pose and engage in ABLS. Hold it for two minutes, focusing on the sensations in your body and the shift in your mental state.
- Sensory Awareness: While holding your pose and engaging in ABLS, pay attention to how your body feels. Do you notice a sense of strength or calm? Where do you feel this in your body? Focus on these sensations and allow them to anchor you in the present moment.

Part 3: Embodying Power in Daily Life Integrating Power Posing into Your Routine: Power posing isn't just a tool for moments of high stress or challenge; it's a practice you can incorporate into your daily life to maintain a strong, confident presence, enhanced by ABLS.

- Daily Check-In: Throughout the day, check in with your body language. Are you slumping or closing yourself off? If so, take a moment to adjust your posture into a more open and expansive pose while engaging in ABLS. Notice how this simple shift, combined with ABLS, can affect your mood and confidence.
- Anchor Moments: Identify moments in your daily routine where you can integrate power posing with ABLS. This could be during your morning routine, before important phone calls, or even during breaks. Use these moments to reinforce your confidence and maintain a sense of control.
- Self-Reflection: At the end of each day, reflect on how power posing and ABLS have influenced your interactions, decisions, and overall mood. Did they help you feel more grounded, assertive, or calm? What situations benefited most from this practice?

Part 4: Applying Power Posing to Current and Future Challenges Visualization and Strategy: Use power posing and ABLS as proactive tools to prepare for challenges and reinforce your resilience.

- Current Challenges: Identify a current challenge you're facing. Visualize yourself approaching this challenge while holding your power pose and engaging in ABLS. How does this posture, combined with ABLS, change your outlook or strategy for dealing with the situation?
- Future Visualization: Imagine a future scenario where you need to project confidence and strength. Visualize yourself in this situation while holding your power pose and engaging in ABLS. Picture the outcome you desire and notice how your posture and ABLS influence your confidence and clarity.
- Daily Practice: Continue to practice power posing daily, integrating ABLS into this routine. Over time, this will help reinforce your sense of self-assurance and resilience, making these qualities more accessible whenever you need them.

Chapter 5

Urge Surfing for Addictive and Compulsive Behaviors

These worksheets include instructions for incorporating Alternating Bilateral Stimulation (ABLS) with each reflection question. ABLS is a technique used to engage both hemispheres of the brain, which can enhance the processing of emotional content, reduce distress, and support the integration of new insights and behaviors. This can be particularly helpful when working through urges related to addiction and dissociation. As with any intervention, be sure that it is actually helpful for this particular client.

Worksheet 1: Understanding Urge Surfing

What is Urge Surfing?

Urge surfing is a mindfulness-based technique designed to help you manage cravings and unwanted behaviors by observing and "riding out" the urge instead of acting on it. Imagine your urge as a wave that starts small, grows in intensity, peaks, and eventually subsides. Just like a surfer riding a wave, you can ride out your urges without giving in to them.

Why is Urge Surfing Useful?

Urges for addictive behaviors rarely last longer than 20-30 minutes if you don't feed them by giving them attention or acting on them. This technique helps you build resilience against cravings by observing them with curiosity instead of fear or frustration.

Reflection Questions:

1. What triggers your urges most often? Describe situations, emotions, or thoughts that commonly lead to cravings.

   _____
   _____
   _____
   _____
   _____

   Instructions for Incorporating ABLS: After writing your answer, sit comfortably and place your hands on your thighs. Begin gently tapping your thighs alternately, left then right, in a slow and steady rhythm. As you tap, read your answer aloud or silently to yourself, focusing on the words and the tapping. This process helps to engage both hemispheres of the brain, which can aid in processing and integrating the information, potentially reducing the emotional intensity of the triggers.

2. How do you currently respond to urges? Do you usually try to fight them, give in to them, or ignore them? How effective are these strategies?

   _____
   _____
   _____
   _____
   _____

   Instructions for Incorporating ABLS: After reflecting on your response, practice ABLS by tapping alternately on your thighs as you read your answer. The rhythmic tapping can help your brain process your habitual responses to urges, creating space for new, healthier strategies to emerge.

3. What physical sensations do you notice when you experience an urge?

   _____
   _____
   _____

4. Identify where in your body you feel the urge and how it manifests.

   _____
   _____

   Instructions for Incorporating ABLS: As you read your description of the physical sensations, use ABLS by tapping gently on your thighs. This can help you stay connected to your body while processing the sensations, making it easier to observe them without judgment or reactivity.

Worksheet 2: Practicing Urge Surfing

Purpose of Urge Surfing: The purpose of urge surfing is to experience cravings in a new way, allowing you to ride them out until they naturally pass. This practice strengthens your ability to manage urges without acting on them, ultimately reducing their frequency and intensity over time.

Instructions:

- Mindful Breathing: Begin with deep, mindful breathing. Focus on your breath as it enters and leaves your body.
- Identify Sensations: Notice the physical sensations of the urge. Describe them in terms of location, intensity, and quality.
- Visualize the Wave: Visualize the urge as a wave, starting small, growing, peaking, and then dissipating. Keep breathing and stay with the experience until the wave passes.

Reflection Questions:

1. Describe a recent urge you experienced. What was the situation, and how did the urge feel in your body?

   _____
   _____
   _____

   Instructions for Incorporating ABLS: As you reflect on the recent urge above, practice ABLS by tapping alternately on your thighs while reading your answer. This can help you process the experience more fully, reducing the power of the urge and increasing your ability to manage it.

2. How did practicing urge surfing affect your experience of the urge? Did it make the urge more manageable? Did you notice any changes in its intensity?

   _____
   _____
   _____
   _____

   Instructions for Incorporating ABLS: While reading your reflection on urge surfing, use ABLS to reinforce the positive effects of the practice. This can help consolidate your learning and make it easier to apply urge surfing in the future.

3. What challenges did you encounter while practicing urge surfing?

   _____
   _____
   _____

4. What thoughts or feelings made it difficult? How can you address these challenges in the future?

   _____
   _____
   _____

   Instructions for Incorporating ABLS: Use ABLS as you consider the challenges you faced. The tapping can help you process any difficulties and explore potential solutions in a calm, focused state.

Worksheet 3: Applying Urge Surfing in Daily Life Integrating Urge Surfing

Urge surfing is not just a practice to use in moments of intense craving; it's a technique that can be integrated into your daily life. By regularly practicing mindfulness and becoming more aware of your urges, you can apply urge surfing to various situations, reducing the likelihood of relapse.

Instructions:

- Daily Mindfulness Practice: Set aside time each day to practice mindfulness. Focus on your breath and notice any urges that arise, no matter how small.
- Apply During Cravings: When a craving arises during your day, pause and apply the urge surfing technique. Acknowledge the urge, observe it, and ride the wave.
- Reflect on Your Experience: After the craving has passed, take a moment to reflect on the experience. What did you notice? How did it feel to ride the wave?

Reflection Questions:

1. How can you incorporate urge surfing into your daily routine?

   _____
   _____
   _____
   _____

   Instructions for Incorporating ABLS: While planning how to integrate urge surfing into your routine, practice ABLS. Tap alternately on your thighs as you read your answer, which can help you mentally prepare to use urge surfing consistently. - What long-term changes have you noticed since practicing urge surfing? Reflect on any reductions in the frequency or intensity of your urges.

2. Think about specific times or situations where you can practice mindfulness and urge surfing.

   _____
   _____
   _____
   _____

   Instructions for Incorporating ABLS: As you acknowledge the positive changes, use ABLS to reinforce your progress. This can help solidify the benefits of urge surfing and maintain your momentum.

3. How will you handle a situation where urge surfing doesn't seem to work?

   _____
   _____
   _____

4. What backup strategies or support systems can you rely on?

   _____
   _____
   _____

   Instructions for Incorporating ABLS: As you consider backup strategies, use ABLS to help you calmly evaluate your options. The tapping can support clearer thinking and enhance your ability to handle challenging situations.

Chapter 6

Adult Attachment Questionnaire

The AAQ client sheet, clinician scoring key, attachment style descriptions, now reside in the Pre-Session Screening Battery on website **https://emdrdeconstructed.com/screenings**

Clinician Interview: Exploring Adult Attachment Patterns

How to Use This Worksheet:

- **Prioritizing Containment**: Before commencing the interview, establish a method for managing emotional overwhelm. Discuss emotional recognition ("How will you know if you are close to feeling overwhelmed?") and establish containment imagery (see Chapter 4).
- **What to Look For:** Monitor emotional fluctuations when discussing caregivers. Assess narrative coherence (fragmentation may indicate unresolved trauma). Look for defensive mechanisms (idealization, minimization, derogation). ABLS Integration: Employ short sets of ABLS during discussions that elicit strong emotional reactions to enhance emotional processing and insight.

Part 1: Background and Early Life

1. Describe your early family situation. Where were you born, where did you live, and did you move often?

   _____
   _____
   _____
   _____

2. What did your caregivers do for a living? How did their occupations affect your family life?

   _____
   _____

Part 2: Relationship Dynamics

1. Describe your relationship with your parents or caregivers from as early as you can remember.

   _____
   _____
   _____

2. Choose five adjectives to describe your relationship with each caregiver and provide an example for each.

   - Mother:
     _____
   - Father
     _____
   - Grandparent 1
     _____
   - Grandparent 2
     _____
   - Significant Adult
     _____

Part 3: Detailed Reflections

1. When you were a child and got upset, what would you do?

_____
_____
_____

2. Describe the first time you remember being separated from your caregivers.

_____
_____
_____
_____

Part 4: Changes and Loss

1. How did your relationship with your caregivers change as you grew older?

_____
_____
_____

2. Did anyone close to you ever die or leave you during your childhood? How did you and your family handle these losses?

_____
_____
_____
_____

Part 5: Current Perspectives

1. Are you close with your caregivers now? Describe

_____
_____
_____

2. How do you feel your attachment history has affected your ability to be open, attune, and resonate with others?

_____
_____
_____
_____
_____

Therapist Questionnaire: Recognizing and Working with Enactments

Identifying Enactments:

1. Have you noticed any strong somatic and/or emotional responses during sessions that feel disproportionate to the immediate situation? Describe:

   _____
   _____
   _____

2. Does the client's behavior or tone evoke a personal reaction in you that feels familiar or unexpected? Describe:

   _____
   _____
   _____

3. Does the client repeatedly test boundaries, seek reassurance, or withdraw emotionally? Describe:

   _____
   _____
   _____

4. Have you observed recurring interactional themes that mirror relational conflicts described by the client? Describe:

   _____
   _____

5. Are there unexplained shifts in the energy or tone of the session?

   _____
   _____

6. Do you feel "pulled" into specific roles, such as rescuer, authority figure, or distant observer?

   _____
   _____
   _____

Understanding the Enactment:

1. How might the client's behavior reflect unresolved childhood relational patterns or attachment wounds?

   _____
   _____
   _____
   _____

2. Are there nonverbal cues that suggest the client is reenacting an earlier relationship?

_____
_____
_____
_____

3. Are your emotional responses to the client consistent with their narrative, or do they feel influenced by something less explicit?

_____
_____
_____
_____

4. How might your own attachment style or relational history influence your reactions to the client?

_____
_____
_____
_____

Repairing Enactments:

1. What might this dynamic be communicating about the client's unmet needs or relational fears?

_____
_____
_____
_____

2. Have you gently named the dynamic to the client in a collaborative way? (e.g., "I wonder if how we're interacting right now feels familiar to you from other relationships?")

_____
_____
_____
_____

3. Are you responding differently than figures from the client's past might have, to offer a new relational experience?

_____
_____
_____
_____

Worksheet: Relational Mulligan & Imaginal Do-Over

Objective: To use a structured imaginal exercise to explore and practice healthier ways of managing conflict with significant others, supported by DBT skills and internal resources.

Part 1: Setting the Scene

1. Describe the incident. Who was involved? What triggered the argument?
   _____
   _____
   _____
2. What were the key points of contention?
   _____
   _____
3. What emotions did you feel during and after the argument? How did these manifest physically?
   _____
   _____
4. Were any older memories triggered? If so, what memories and with whom?
   _____
   _____

Part 2: DBT Skills Application and Imaginal Resources

1. Mindfulness: Recall the argument without judgment. Describe the facts of the situation without interpretation.
   _____
   _____
   _____
2. Interpersonal Effectiveness: Practice scripting how you might express your feelings using DEAR MAN:
   - **D**escribe:
     _____
     _____
   - **E**xpress:
     _____
     _____
   - **A**ssert:
     _____
     _____
   - **R**einforce:
     _____
     _____

- **M**indfully:
  _____
- **A**ppear confident:
  _____
  _____
- **N**egotiate:
  _____
  _____

3. Emotion Regulation: Consider if acting opposite to your emotional urges could reduce conflict. Y/N How: _____
4. Distress Tolerance: Implement strategies to make distressing moments more bearable.
   _____
   _____
   _____
5. Invoke Resources: Imagine your Triumphant Self (confident, calm) dealing with the situation. Bring in a Nurturing or Wise Figure to provide guidance.

Return this worksheet to your therapist, who will guide you in processing the original scene, then the imaginal scene, including the DBT skills and resources with ABLS.

Undoing Dissociation: Engaging the Child Self

Note: Tapping is only done on positive or neutral imagery; if negative, stop tapping and redirect.

Part 1: Identifying the Child Self

It's common for all children to experience fear. Do you remember feeling scared at any point during your childhood? _____ How old were you? _____

- What were you doing?

  _____

  _____

As you sit here now, in your adult form, can you envision that child? Y/N

(*If yes, begin ABLS while maintaining a supportive dialogue. If it's challenging, discuss with your therapist why it might be beneficial to avoid this image*).

- Can you relate to or understand the emotions this child was feeling?

  _____

  _____

  _____

- What emotions arise in you as you now observe this child?

  _____

- Is there any advice or reassurance you, as an adult, could offer to this child?

  _____

  _____

Part 2: Interacting with and Healing the Child Self

Imagine you could travel back in time.

- What would you say to comfort this child?

  _____

  _____

(Continue ABLS)

Imagine sharing your message with them.

- What reaction might the child have to your words?

  _____

  _____

(Continue ABLS).

- How do you feel about this child now, from your present perspective?

  _____

  _____

(Continue ABLS).

- Would you like to metaphorically bring this child into today to ensure they are cared for?

  _____
  _____
  _____

- If this child still feels occasional fear from past trauma, how would you react?

  _____
  _____
  _____

(Continue ABLS).

Now, we can acknowledge that this child has grown up and become you. However, they might still feel very real and present, especially in moments of fear. Can you sense their presence here with us now? Next time you experience fear, would you remind yourself to think back to today's experience?