



Is EMDR Right for Me?

EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based therapy that helps your brain heal from trauma and distressing experiences.

EMDR CAN HELP IF YOU...

- ✓ Have experienced trauma or a distressing event
- ✓ Feel stuck in painful memories or negative beliefs
- ✓ Experience anxiety, panic, or overwhelming emotions
- ✓ Have vivid memories, flashbacks, or triggers
- ✓ Struggle with self-criticism, shame, or low self-worth
- ✓ Feel emotionally numb or disconnected
- ✓ Want long-term relief, not just symptom management
- ✓ Are ready to do the work (with support)



What EMDR IS

- ♥ Evidence-based and effective
- ♥ Gentle, structured, and paced for you
- ♥ Focused on healing the root, not just coping
- ♥ Helps your brain reprocess painful memories
- ♥ Collaborative—you stay in control
- ♥ A path toward relief, clarity, and empowerment



What EMDR IS NOT

- ✗ Hypnosis
- ✗ Telling you to “just get over it”
- ✗ Forgetting what happened
- ✗ You being “out of control”
- ✗ Only for severe trauma
- ✗ A quick fix (healing takes time)

Things to Consider



You are willing to look at difficult memories when you feel ready.



You have the desire to feel better and heal from the past.



You are open to learning tools to help regulate emotions.



You have a support system (or are willing to build one).



You understand that healing is a process, not a race.

EMDR may be especially helpful for:

- PTSD and complex trauma
- Anxiety and panic disorders
- Depression
- Grief and loss
- Childhood wounds
- Phobias
- Low self-esteem
- Stress-related issues
- Life transitions

You May Want to Wait (or Build More Support) If...

- ✿ You are in an immediate crisis or do not feel safe
- ✿ You are actively using substances in a way that impacts your stability
- ✿ You have unmanaged medical or mental health conditions
- ✿ You are not ready to explore difficult memories yet

It's okay not to be ready yet. We can take small steps together.

Ask Yourself These Questions



Do I want to heal from past pain?



Am I willing to try something different?



Do I feel safe enough with my therapist?



Am I ready to invest in my healing?



Do I want relief and more peace in my life?

✓ Signs EMDR Might Be Right for You:

- ✓ You feel stuck in the past
- ✓ Triggers or memories feel overwhelming
- ✓ You want to feel calmer and more in control
- ✓ You're ready for deeper healing
- ✓ You want lasting change, not just temporary relief

Ultimately, the best way to know is to talk with your therapist. They will help you decide if EMDR is a good fit for you.

✓ Remember

There is no pressure to decide right now. Take your time. You deserve to feel safe, heard, and supported no matter where you are on your journey.

You deserve healing. You deserve peace. You deserve you.