



# EMDR-SUDs & VoC COLLECTION

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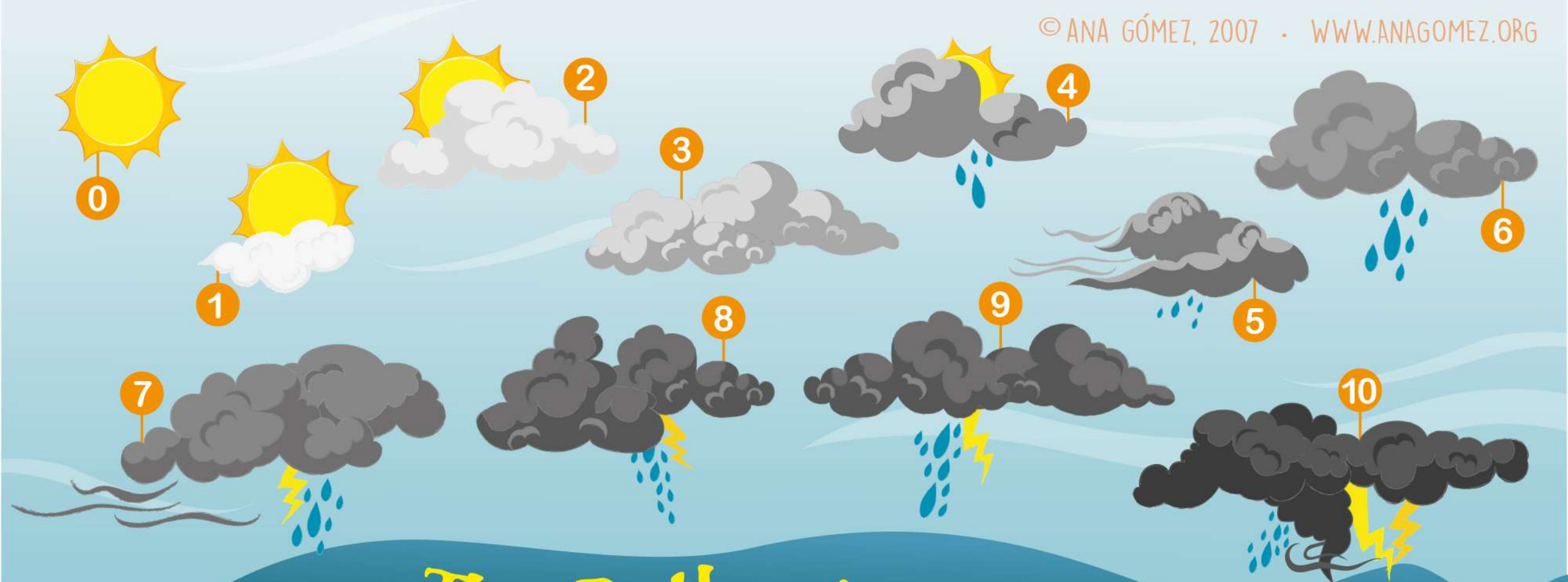
Designed by Constanza Rodríguez R.

[www.anagomez.org](http://www.anagomez.org)

# The Bothering Scale



When you think about what happened to you, how yucky, upsetting or bothersome is this now from 0 to 10 ?



# The Bothing scale

WHEN YOU THINK ABOUT WHAT HAPPENED TO YOU,  
HOW YUCKY, UPSETTING OR BOTHERSOME IS THIS NOW FROM 0 TO 10 ?

# The Bothing scale

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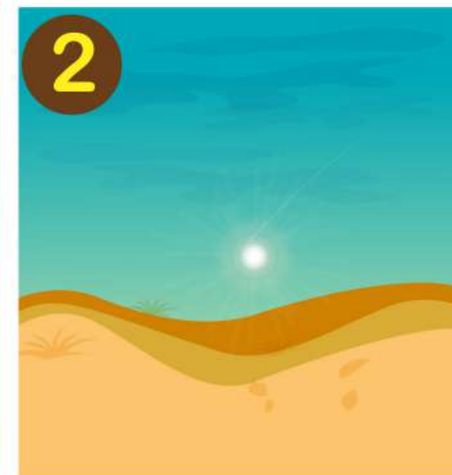
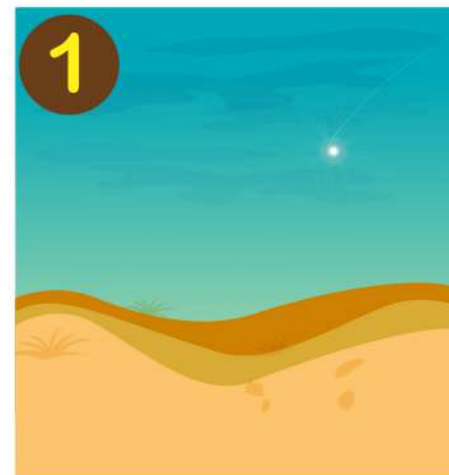


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# The Bothering scale

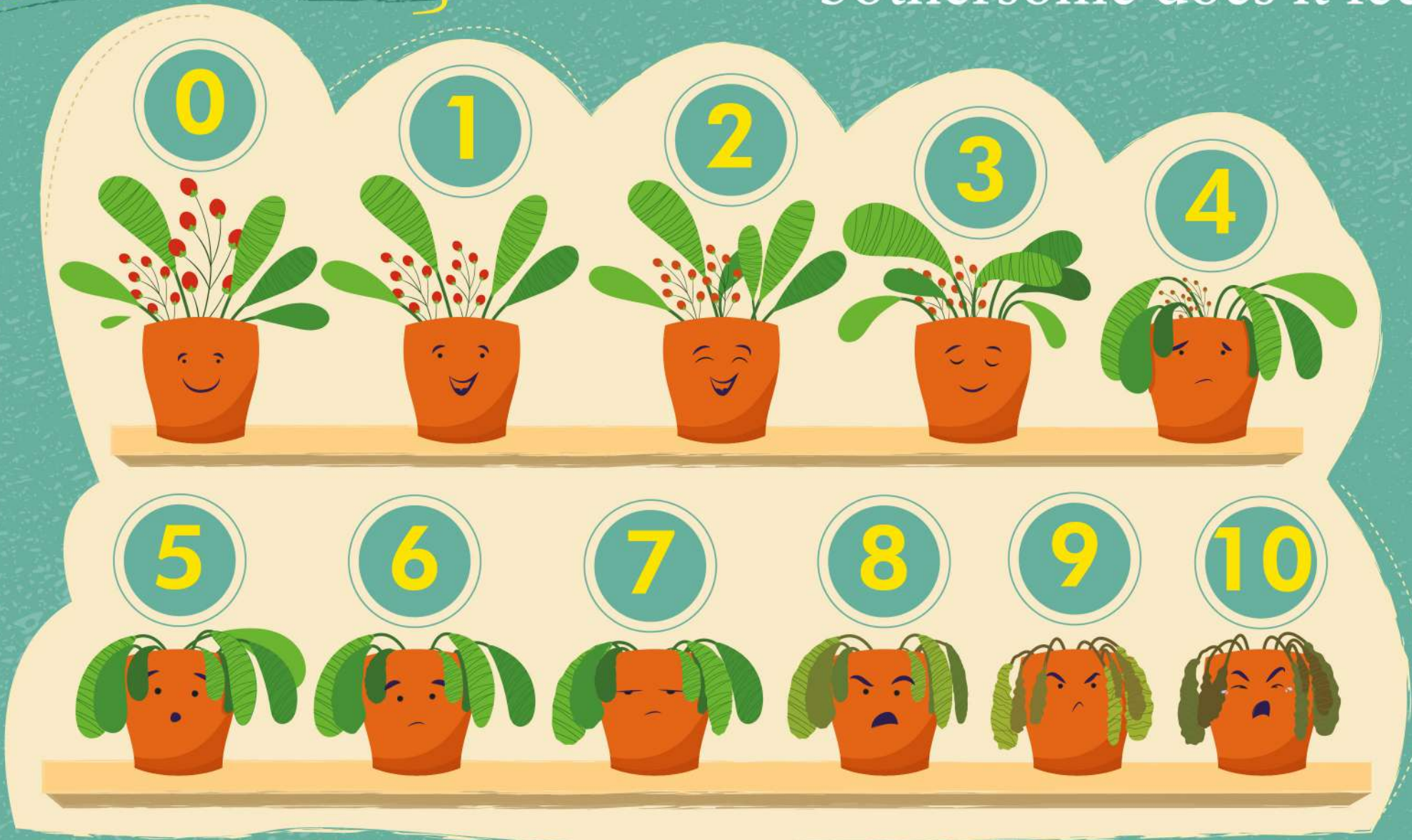
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When you think about what happened to you, how yucky, upsetting or bothersome is this now from 0 to 10 ?



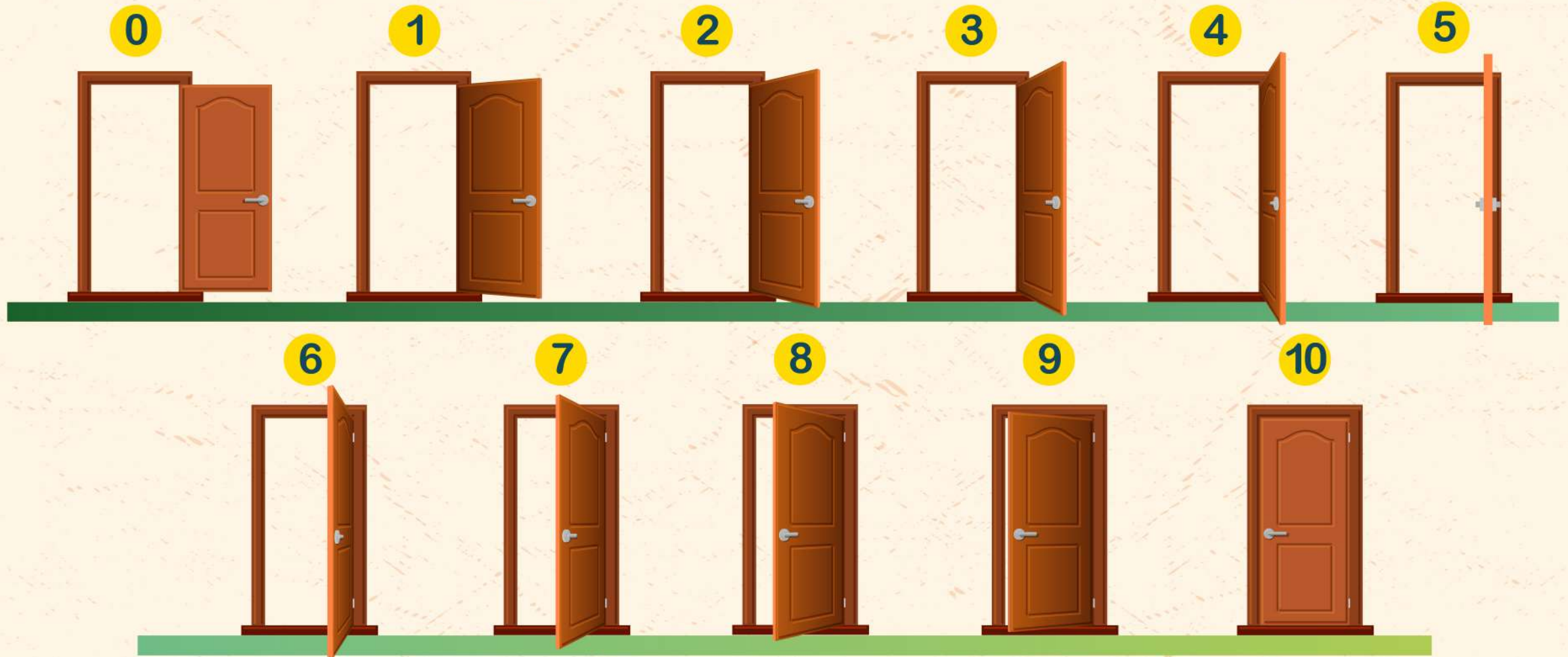
# The Bothering scale

How yucky, upsetting or bothersome does it feel now?



# The Bothering scale

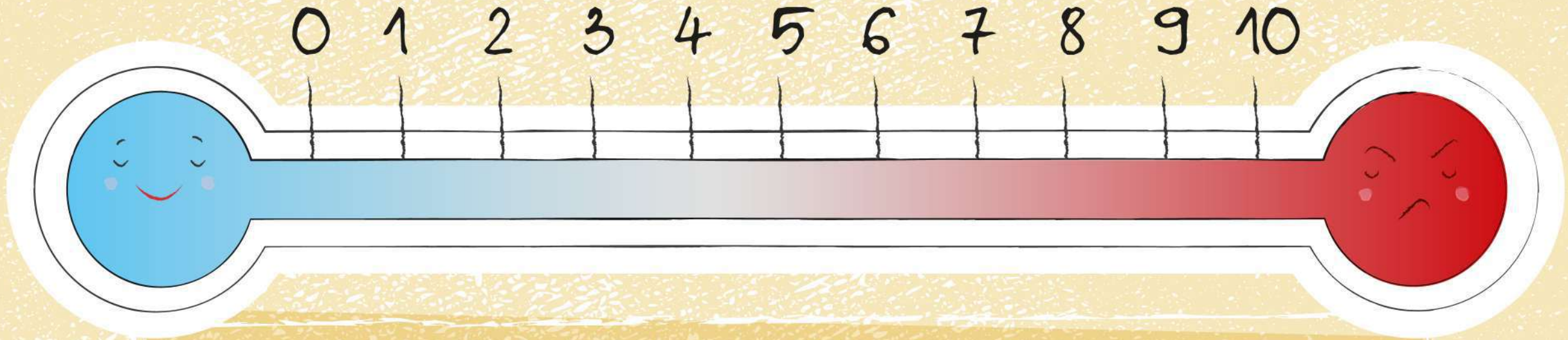
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How yucky, upsetting or bothersome does it feel now?  
0 is not bothersome at all and 10 is really yucky

# The Bothering scale

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HOW YUCKY, UPSETTING OR BOTHERSOME  
DOES IT FEEL NOW?

# •The Bothering scale •

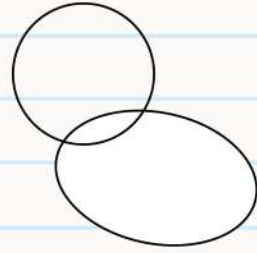


When you think about what happened to you, how yucky, upsetting or bothersome is this now from 0 to 10 ?

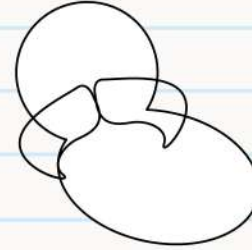
# THE THOUGHT SCALE

If the dog is the good thought...  
How true and how much of  
it is inside you from 1 to 7 as  
you think about what  
happened to you?

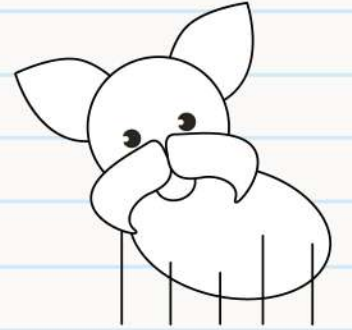
1 is not true & and  
7 is very true



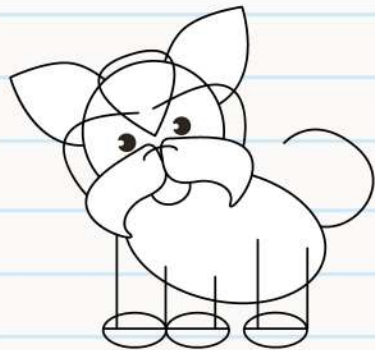
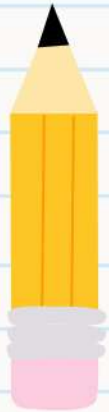
1



2



3



4



5



6



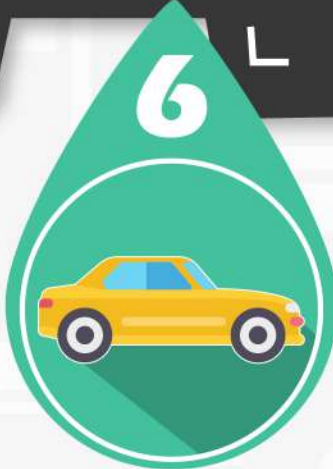
7

# THE THOUGHT SCALE

When you think about what happened to you, what car shows the thought that feels bigger and truer inside you?



The old car is your mixed-up and old thought



The new car is your new and good thought



# THE THOUGHT SCALE

*If the butterfly is your good thought...*

1

2

3

4

5

6

7

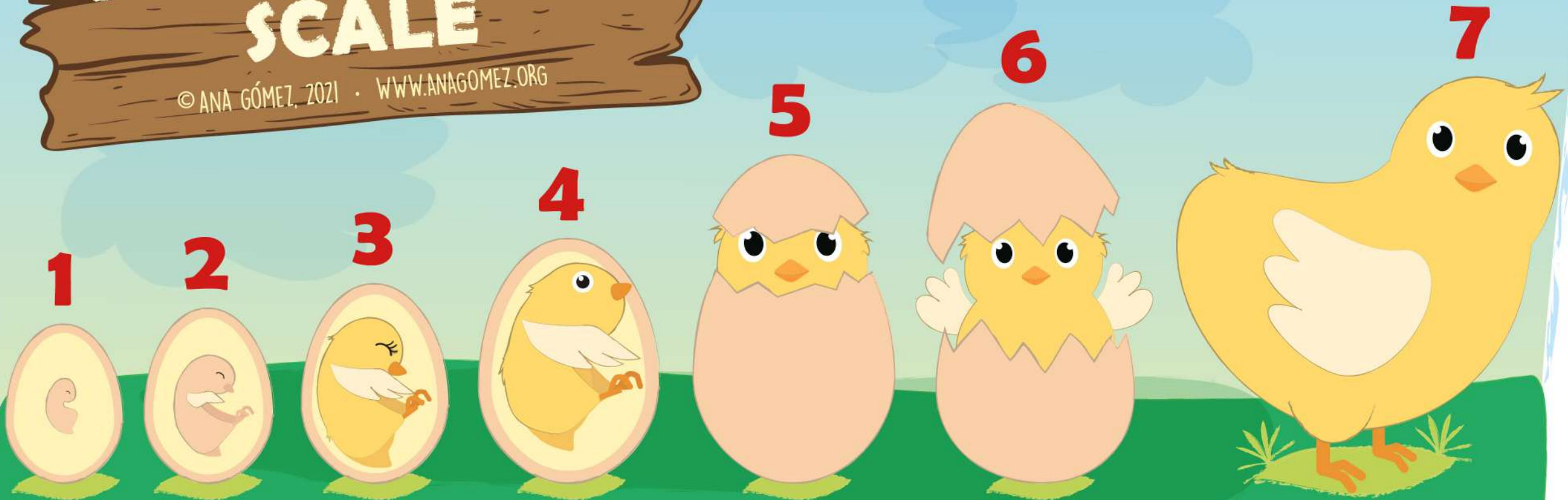
How true & big is this good thought inside you now as you think about what happened to you?

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# THE THOUGHT SCALE

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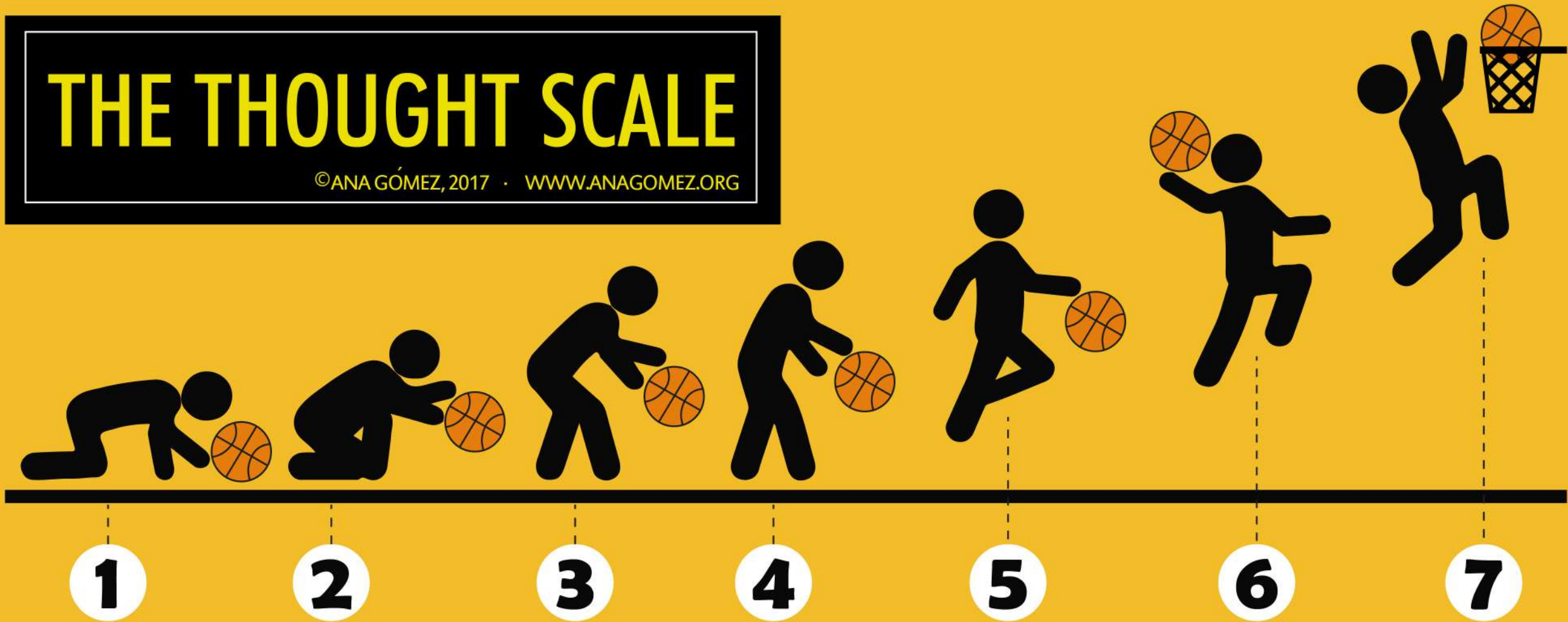
If the chicken is your good thought...



How true and big is the good thought inside you when you think about what happened to you?

# THE THOUGHT SCALE

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How true and big is the good thought inside you from 1 to 7  
when you think about what happened to you?

1 is not true & very small and 7 is very true and very big

# THE THOUGHT SCALE

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If the frog is your good thought...

How true and big is your good thought inside you when you think about what happened to you?



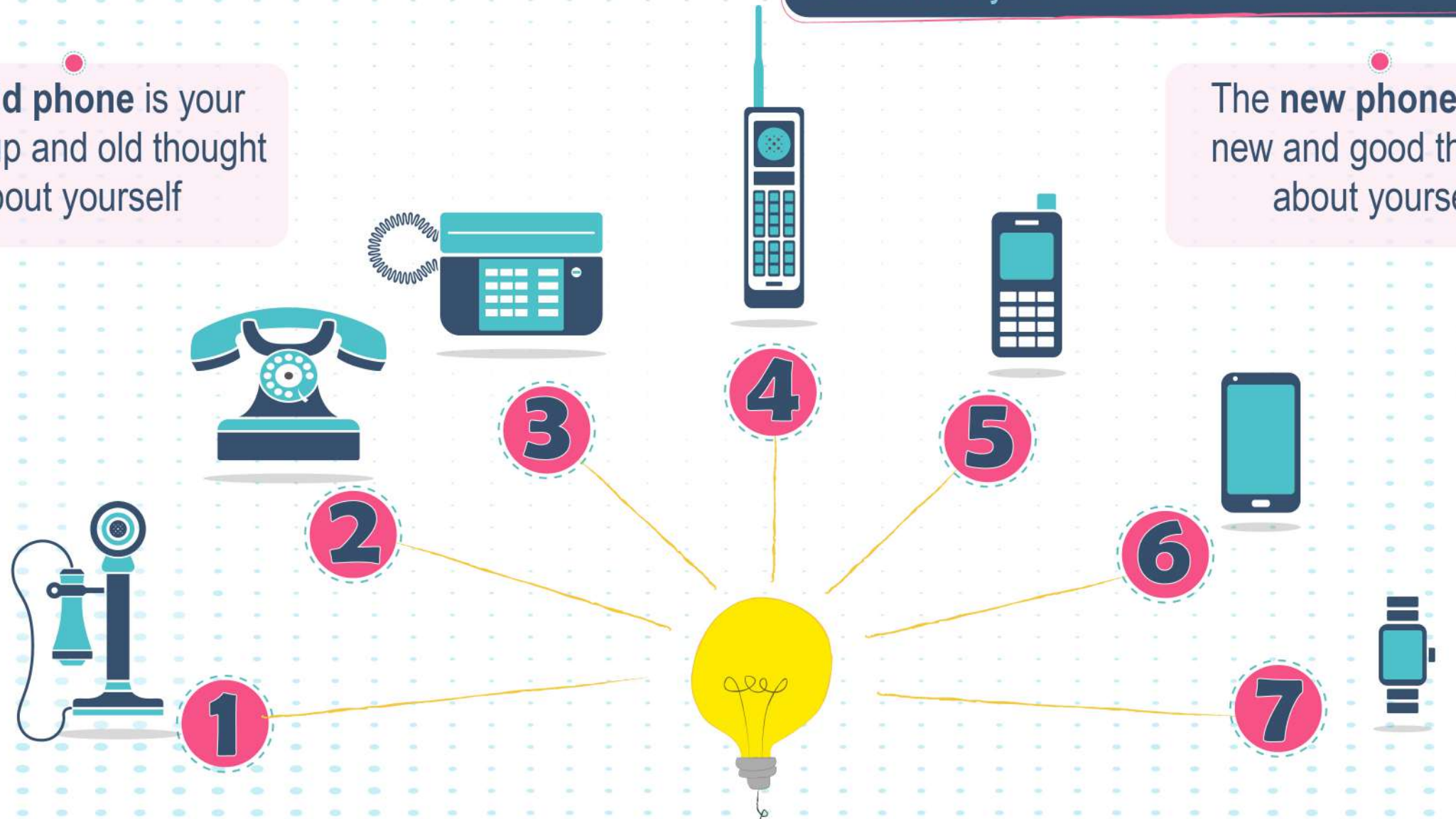
# THE THOUGHT SCALE

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When you think about what happened to you, what phone shows best the thought that is bigger and truer inside you?

The **old phone** is your mixed-up and old thought about yourself

The **new phone** is the new and good thought about yourself



# • THE THOUGHT SCALE

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If the cat is your good thought...



1



2



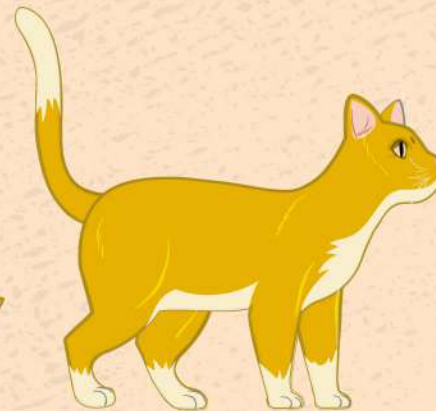
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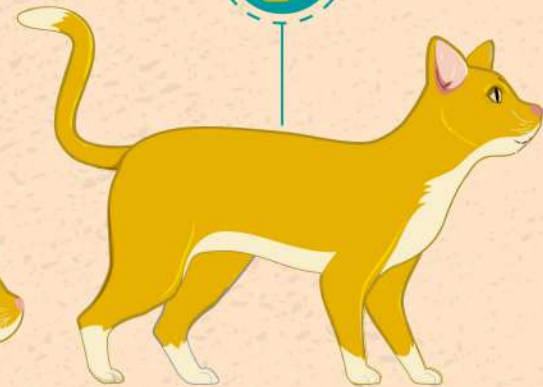
4



5



6



7

How true and big is the good thought inside you from 1 to 7  
When you think about what happened to you?

1 is not true & very small and 7 is very true and very big