



# WORKSHEET – EMDR-INFORMED

## Present-Moment Grounding (Trauma-Informed)

**Purpose:** Safety, orientation, nervous system settling

**What this is NOT:** Trauma processing, memory work\*

### Step 1: Orient to Now

**Right now, I notice:**

- 3 things I can see: \_\_\_\_\_
- 2 things I can hear: \_\_\_\_\_
- 1 thing I can feel in my body that is neutral or comfortable: \_\_\_\_\_

### Step 2: Gentle Bilateral Awareness

**Slowly tap:**

- Left hand → Right hand → Left → Right
- Continue for 20–30 seconds at a comfortable pace.

**While tapping, silently repeat:**

“Right now, I am here, and I am safe enough.”

### Step 3: Check-in

**Afterward, notice:**

- My body feels: ☐ More settled ☐ Same ☐ Unsure
- One word to describe my state: \_\_\_\_\_