



# **REHvolution Services**

Business | Therapy | Coaching | Mentorship | Training Academy

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## **Target Memory Processing Worksheet**

**Target Memory/Incident:** \_\_\_\_\_

**Worst Image or Picture:**

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**Negative Belief about Self:**

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**Positive Belief about Self:**

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**VOC Rating (1 = totally false, 7 = totally true):**

[1][2][3][4][5][6][7]

**Primary Emotions:**

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**SUDs Rating (0 = no disturbance, 10 = worst disturbance):**

[0][1][2][3][4][5][6][7][8][9][10]

**Body Sensations Noted:**