

EMDR PRIOR TO FIRST MEETING QUESTIONNAIRE:

Prior to our first session, please provide the following information:

For each question, feel free to just write a headline (snippet). You don't need to tell the whole story. For each answer, note your approximate age and rate each one from 1 to 10 with 10 being more intense.

**What are the top 10 best experiences you've had in your life where you felt the most empowered, resourced, supported?**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**What are the top 10 worse experiences you've had in your life?**

Remember, for each answer, rate it on how intense it was from 1 to 10.

And write down what age you were when it happened.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.