

# EMDR Therapy & Your Brain

## Upsetting Events

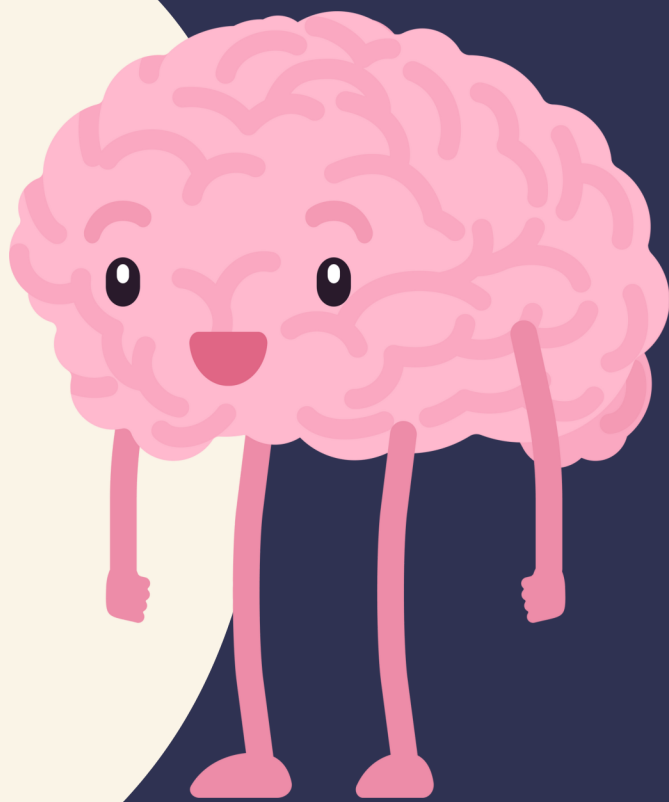


Unpleasant, traumatic, or distressing events happen to us all the time.

Memories of these events can get stuck in our brain and impact us, even without us realizing it.

## Regular Memory

In the ideal brain process, an event happens and it gets stored appropriately in your memory.

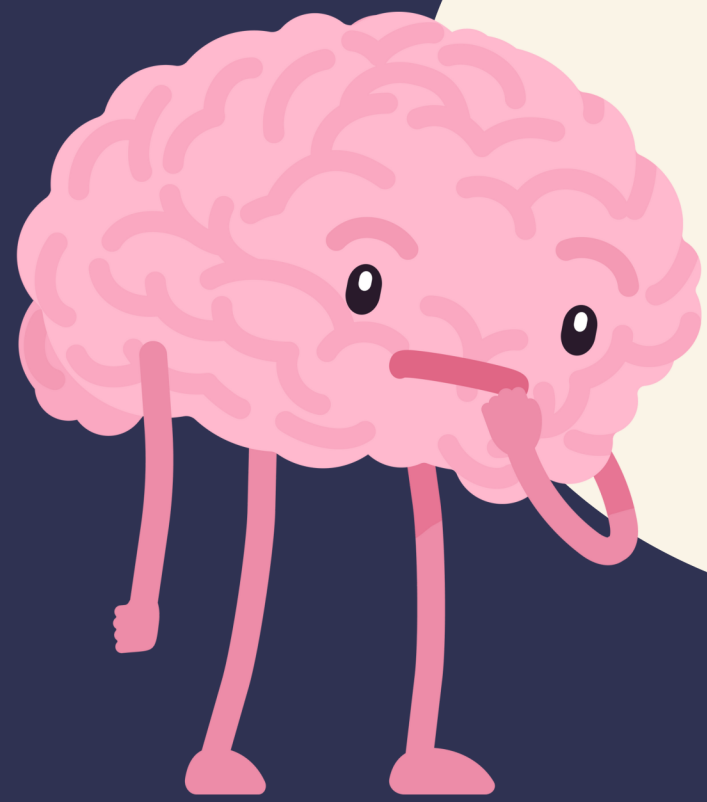


MEMORY TRIGGER



Something reminds you of the event and you have positive or neutral thoughts and feelings about yourself.

I did the best I could.



## Stuck Memory

Sometimes, an event happens and it gets stuck in your memory, due to the brain's fight, flight, or freeze response—or because of other past experiences.



MEMORY TRIGGER

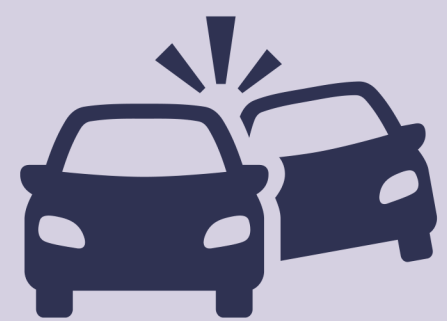


Something reminds you of the event and you have negative thoughts and feelings about yourself.

I'm such a failure.



## How EMDR Therapy Can Help



Your therapist guides you through eye movements (or other methods) while you think about the unpleasant event.

The unpleasant thoughts, feelings, and sensations fade away. It becomes just a memory.

## After EMDR Therapy

The threat is over. I did my best.

MEMORY TRIGGER

