# PHASE 1 (HISTORY-TAKING) CHECKLIST

## 1 SYMPTOMS
- dysfunctional behaviours
- emotions
- negative cognitions
- flashbacks
- intrusive thoughts
- panic attacks
- current triggers
- frequency
- timing
- other characteristics

## 2 DURATION
- problem duration
- alterations in factors contributing to problem

## 3 INITIAL CAUSE
- first occasion
- most disturbing time
- circumstances of those events

## 4 ADDITIONAL PAST OCCURRENCES
- other events in influencing/reinforcing the problem
- who involved
- maladaptive response
- negative cognitions
- can events be clustered?

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To the EMDR therapist: please feel free to copy this handout for your clinical use.
PHASE 1 (HISTORY-TAKING) CHECKLIST (continued)

5 OTHER COMPLAINTS
other difficulties
secondary dysfunction masked by primary

6 PRESENT CONSTRAINTS
current resulting problems
current emotions
current behaviors
actions client unable to take
systems issues needing to be addressed

7 DESIRED STATE
preferred state
what prevents this
consequences of successful treatment
positive experiences in client’s history

8 STRENGTHS
particular skills
coping abilities
planning/foresight
resilience/hardiness
resourcefulness
creativity and imagination
useful past experiences to draw upon

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