**The Eight Step Protocol**

Decide with your client what presenting issue or memory to work on.

**Picture: the image to start the process**. “If you had a video of that entire event and I asked you to hit pause when you felt the worst, what would that image look like?”

**The negative cognition (NC)**: The negative belief that goes best with the image.

**The positive cognition (PC)**: What do you want to believe about yourself when you think of the incident/image.

**Validity of the cognition (VOC**) When you think of that event or image how true does the positive thought feel?

 **1 2 3 4 5 6 7**

**Emotions**: When you bring up that image or think about the incident what emotions come up for you?

**Subjective units of distress (SUDS)**: When you think of the incident what is the level of distress on a scale of 0 to 10 where 10 is the most distress and 0 is not distressed at all.

 **0 1 2 3 4 5 6 7 8 9 10**

**When you think of the image/incident where do you feel it in your body**?

**Desensitize**: Start the bi-lateral stimulation

* **When SUDS is 1 or less install the original image with the positive cognition.**
* **Body scan:** before ending session ask if there are any uncomfortable body sensations if there are continue bi-lateral stimulation focusing on the body sensation.