**De TUR Cheat Sheet**

Just like a safe place ask the client to think of a time in their life when they succeed. Felt good about themselves. It can be from childhood if necessary. Just one positive moment that they remember feeling like they had done well.

1. Creating and installing the positive image:

Once they have the image, stimulate at normal processing speed (20 passes or so) to install it and to see if it works. During stimulation ask them to expand the scene. Make it bigger, brighter really put themselves in the scene.

Success scene \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Establishing the cue word

Next ask the clients to come up with a single word that will remind them of the scene. So just saying the word to themselves will take them back to that scene.

Cue word\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Ask the clients to say the cue word, then stimulate the word and to see if it links to the scene. (Stimulate at normal speed 20 passes or so.)

1. Create the anchor (do not use tappers).

Now guide the client in creating a behavioral anchor to take with them. Usually they rub a knuckle as the anchor that links to the cue word which links to the scene. You cannot use tappers for this; their hands must be free to create the anchor. Install the anchor with eye movements. They rub their knuckle as you stimulate.

The anchor should remind them of the cue word. The cue word takes them to the positive scene.

1. Repeat this process with a different scene. The scene one in the future. What would a scene look like when they accomplished their treatment goals? Ex. Seeing myself with my family during the holidays not arguing being drunk just happy and healthy and loving.

Timeline of Level of Urges

We do not use SUDS but rather LOU. Level of urge. For addicts where are high risk situations for relapse.

These scenes are targets for standard EMDR protocols.

* + Bored at home watching TV LOU 7
  + Driving past the bar my friends are all drinking at after work. LOU 9
  + Arguing with my wife. LOU 8
  + Before sex with my wife (we always drink before sex). LOU 8
  + Driving past my liquor store where I know the clerks. LOU 7

**Choose a target set protocol and process.**

Target: Driving past bar see Freddie’s pick-up I know he’s there

NC: I’m not in control

PC: I can learn to control my drinking

VOC: 2

Emotions: scared (I’m going to drink) frustrated desire for a drink

LOU: 9

Body: mouth is watering heart racing.