

EMDR LIFE COACH

# WORKSHOP WORKBOOK

BY DENNIS ARAMANDA

Be  
your  
best self



**FULL VERSION ON AMAZON**

# EMDR LIFE COACH WORKSHOP WORKBOOK

BY DENNIS ARAMANDA, COPYRIGHT 2023

**FULL VERSION ON  
AMAZON**

## FULL VERSION ON AMAZON

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Please send requests or questions to [Dennis@EMDRLifeCoach.com](mailto:Dennis@EMDRLifeCoach.com)

First Edition

FULL VERSION ON  
AMAZON

*ABOUT THE*  
**WORKBOOK**

**FULL VERSION ON AMAZON**



*OH HEY THERE, I'M DENNIS.*

I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP YOU TRANSFORM YOUR LIFE BY LEARNING SELF EMDR.

THE AIM OF THIS WORKBOOK IS TO HELP YOU DISCOVER HOW TO USE SELF EMDR.

THROUGH A SERIES OF ACTIVITIES YOU WILL DIVE DEEPER IN UNDERSTANDING NOT ONLY YOURSELF, BUT YOUR LIFE. ALSO PROVIDED FOR YOU ARE THE RIGHT TOOLS YOU NEED TO BE ABLE TO PERFORM SELF EMDR WHENEVER YOU MAY HAVE THE NEED.

SO LET'S JUST JUMP STRAIGHT IN AND GET A START ON THIS PROCESS!

*Dennis Aramanda* 

[DENNIS@EMDRLIFECOACH.COM](mailto:DENNIS@EMDRLIFECOACH.COM)

**WHAT I OFFER**

# WORKSHOPS



## STOP BITING YOUR NAILS

THIS IS A SELF PACED ONLINE COURSE TAUGHT THROUGH VIDEOS.

YOU WILL BE ABLE TO SET YOURSELF FREE FROM NAIL BITING USING EMDR. THIS HAS BEEN PROVEN TO WORK!

STARTING FROM [FREE EMDRLIFECOACH.COM](https://www.emdrlifecoach.com)

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## PERSONAL COACHING FOR GETTING STARTED WITH SELF EMDR

THIS IS OUR REMOTE "SELF EMDR WORKSHOP".

THE GOAL IS TO PERSONALY COACH AND WALK YOU THROUGH USING EMDR.

WE WILL GO THROUGH

- HOW TO GO-TO CALM
  - HELP YOU TO FIND THE METHOD THAT WORKS BEST FOR YOU.
  - HOW TO SETUP AN INSTANT GO-TO CALM WORD/PHRASE THAT YOU WILL BE ABLE TO USE THE REST OF YOUR LIFE TO BE ABLE TO HAVE THAT "TAKE A BREATH" ANYTIME YOU WISH.
- PRACTICAL EMDR PROCESSING
- USING THE EMDR EYE TRACKER TOOL WEBSITE
  - HOW TO PREPARE YOUR SPACE FOR SUCCESS
  - EXPECTATIONS
- HOW TO IDENTIFY TRIGGERS IN YOUR LIFE
- HOW TO CREATE SOLUTIONS THAT WORK
- DETERMINE A GOOD MAINTENANCE SCHEDULE



STARTING FROM [\\$500 CONTACT ME VIA EMAIL DENNIS@EMDRLIFECOACH.COM](https://www.emdrlifecoach.com)

SCHEDULE A FREE DISCOVERY CALL AT [HTTPS://EMDRLIFECOACH.COM/SETAPPT](https://www.emdrlifecoach.com/setappt)

MULTIPLE SECTION

CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

GOT TO THE WEBSITE

HTTPS://EMDRLIFECOACH.COM/



SECTION ONE

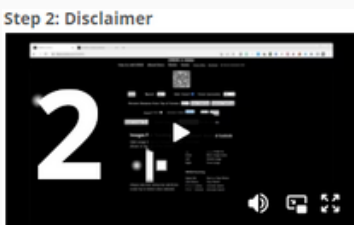
[ ] COMPLETED OVERVIEW



[ ] CAN NOW GO-TO CALM



[ ] REVIEWED DISCLAIMER



[ ] WAS ABLE TO FINISH THE STEPS TO STOP BITING NAILS!



*SELF EMDR*

# TRIGGER WORK

DATE/TIME: \_\_\_\_\_

## FIND TRIGGERS:

WHILE MOVING EYES -> GO-TO CALM



WHILE MOVING EYES -> THINK ABOUT WHAT THINGS ARE KNOWN TO MAKE YOU WANT TO BITE YOUR NAILS OR CUTICLES



### TRIGGER(S):

For Each Trigger Found-

- Rate Level of Emotion/upsettedness (1-10).
- Note also if you felt anything in your Body while thinking of the trigger.

WHILE MOVING EYES -> GO-TO CALM



*SELF EMDR*

# TRIGGER WORK

DATE/TIME: \_\_\_\_\_

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- Note also if you felt anything in your Body while thinking of the trigger.

WHILE MOVING EYES -> GO-TO CALM





*SELF EMDR*

# TRACKER

DATE/TIME: \_\_\_\_\_

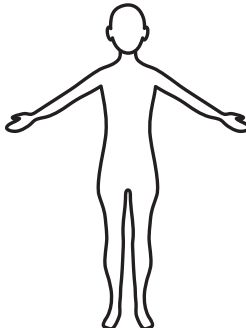
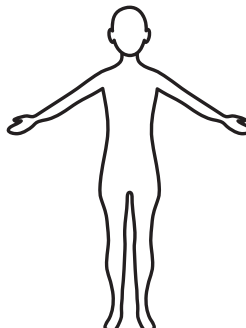
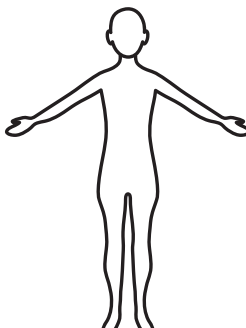
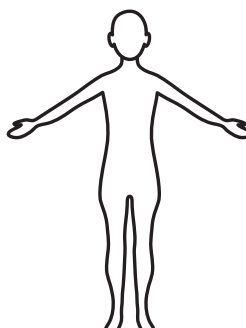
	TRIGGER	SOLUTION
1		
2		
3		
4		
5		
6		
7		

*SELF EMDR*

# TRACKER

WITH BODY SCORE

DATE/TIME: \_\_\_\_\_

	TRIGGER	SOLUTION
1		
	<p><b>FRONT</b></p> 	<p><b>BACK</b></p> 
2		
	<p><b>FRONT</b></p> 	<p><b>BACK</b></p> 

*SELF EMDR*

# TRIGGER WORK

DATE/TIME: \_\_\_\_\_

## PROCESS TRIGGER:

TRIGGER:

SOLUTION:

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> THINK THROUGH SOLUTION

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> RE-THINK ABOUT TRIGGER

RATE LEVEL OF EMOTION:

RATE LEVEL OF BODY SCORE:

WHILE MOVING EYES -> GO-TO CALM

*SELF EMDR*

# TRIGGER WORK

DATE/TIME: \_\_\_\_\_

## PROCESS TRIGGER:

TRIGGER:

SOLUTION:

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> THINK THROUGH SOLUTION

WHILE MOVING EYES -> GO-TO CALM

WHILE MOVING EYES -> RE-THINK ABOUT TRIGGER

RATE LEVEL OF EMOTION:

RATE LEVEL OF BODY SCORE:

WHILE MOVING EYES -> GO-TO CALM



*SELF EMDR*

# NOTES SPACE

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*SELF EMDR*

NOTES SPACE

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