

The EMDR Peak Performance Prep Kit

A Workbook for Parents, Performers, and High Achievers

Welcome

This workbook is designed to help you feel prepared, grounded, and confident before EMDR sessions and before any high-pressure moment. These tools help you calm your nervous system, identify blocks, build clarity, and get the most out of EMDR.

How EMDR Helps With Performance

Performance is influenced by the nervous system. Old patterns like self-doubt, perfectionism, overwhelm, or shutdown can affect the way you show up. EMDR helps your brain release these reactions so you can perform with confidence and clarity.

Understanding Your Performance Blocks

Use this space to reflect: • What situations create pressure for me? • What thoughts show up when I'm stressed? • What does my body feel like in those moments? • What would I rather feel instead?

Pre-Performance Grounding Routine (3 Minutes)

1. Drop Into Your Body – Notice sensations. 2. Double-Length Exhale – Inhale 4 seconds, exhale 8. 3. Orient to Safety – Name 3 things you see, 2 hear, 1 feel. 4. Set Your Intention – “I choose calm and clarity.”

The 2-Minute Reset Method

Pause. Breathe. Notice. Anchor. Redirect. This quick sequence helps your brain reset during moments of overwhelm or pressure.

Quick-Clear Thought Worksheet

Prompts: • Triggering thought • Emotional reaction • Is this factual or fear-based? • What would I tell someone else with this thought? • Grounded replacement thought

Confidence & Clarity Scripts

Use these grounding statements: • I can handle this moment. • I am prepared and capable. • I release what isn't mine to carry. • I don't need perfection—just presence.

Pre-EMDR Session Reflection

Prompts: • What came up this week? • What moments felt challenging? • What do I want to focus on today? • What do I hope to feel?

Post-Session Integration

Prompts: • What emotions/sensations stood out? • What feels different now? • What do I need for the rest of today? • One small way to care for myself: _____

Daily Mindset Tracking Page

Prompts: • Today I felt: calm, focused, tense, overwhelmed, confident. • My biggest challenge today was... • One small win... • Reset that helped... • Intention for tomorrow...