

EMDR and Performance Enhancement

Improving your performance begins with identifying areas of desired change, recognizing the problem in each area and then creating an idealized picture of change.

Begin by addressing the area(s) in your life that you would like to see improvement. Identify the category in your life needing change and briefly list what you see as the problem. For example, under profession one might identify the problem as "fear of improvement" or "lack of confidence."

Relationships_____

Profession or Work_____

Spiritual Life_____

Parenting_____

Marriage_____

Social Life_____

Extended Family_____

Family of Origin_____

Education or Advancement Training_____

The Arts and the Performing Arts_____

Hobbies_____

Community and Neighborhood_____

Retirement_____

Confronting Hardship(s) _____

Other_____

With each identified problem rank them as the most important to the least important.

Imagine an ideal picture that you would rather be doing than the problem. To help you imagine more easily, think about and write both role models and heroes both real and fictional. For example, if someone thinks they need to do better parenting they might think of a friend or peer who shows good parenting skills. An artist, musician or performer who is striving for maximum performance may think about their heroes in the field or people who have inspired them to achieve in this area.

Role Models _____

Heroes _____

Also, to develop your ideal picture you might think back to a time in your life when you were more able to accomplish these ideal tasks.

List time and place of the representing picture of being more able to accomplish this goal _____

Next, starting with the number one identified problem, read through and carefully answer each of the questions below. This should help you to describe and imagine your ideal picture in great detail and on many levels. Remember this should be fun. Think big and give yourself as much credit as you can. Remember the idea that it is hard to get somewhere unless you first can see it, write it and say it.

Ideal Vision Questions

In the ideal picture what are you successfully creating, achieving, and/or accomplishing? _____

In the ideal picture what are you able to do that you think you *can't* do now? _____

In the ideal picture what do you *stop* doing that you *are* doing now? _____

In the ideal picture what are you able to do differently, do better and/or do more effectively? _____

In the ideal picture how are you acting and behaving on a moment by moment basis? _____

In the ideal picture how are you relating to and interacting with other people (or any particular person/persons)? _____

In the ideal picture what personal traits or characteristics have you strengthened or developed? _____

In the ideal picture how are you feeling physically? _____

In the ideal picture how are you feeling *emotionally*? _____

In the ideal picture what are you *thinking*? _____

Now take some time to clearly see the ideal picture. Do this by closing your eyes and imaging all of the specific details. Allow yourself to solidify the picture by repeatedly reading through your answers and descriptions.

After this picture is clear, ask yourself "What memories or experiences have I had that keep me from getting this picture?" Think back as far as possible, the earlier the better. Often times the barriers to success lie in memories of past mistakes, criticisms, hardships or trauma.

Blocking Memory List _____
