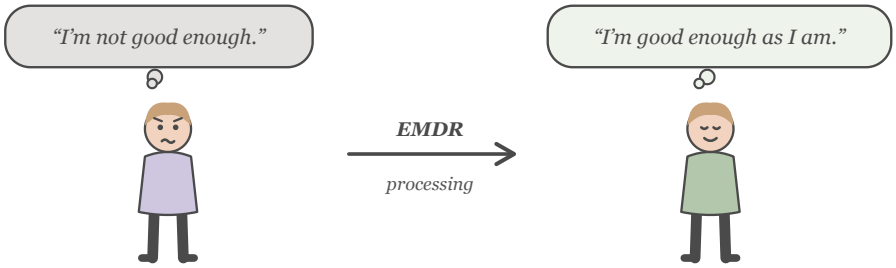
–LENSS–

Beliefs and Scales

Understanding the beliefs and scores we use when we process a memory.

Difficult experiences often leave us with a **negative belief** about ourselves, such as “I’m not good enough” or “I’m not safe”. It can feel true even when we know, logically, that it isn’t. In EMDR, we identify this belief and the **positive belief** you would rather hold instead. Both are about you, now.



Common beliefs

Theme	Negative belief	Positive belief
Worth	I’m not good enough. I’m bad. I’m worthless. I don’t deserve love.	I’m good enough as I am. I’m a good person. I deserve love.
Responsibility	I should have done something. It was my fault. I did something wrong.	I did the best I could. It wasn’t my fault. I can learn from it.
Safety	I’m in danger. I can’t trust anyone. I’m not safe.	It’s over; I’m safe now. I can choose whom to trust. I can keep myself safe.
Control	I’m powerless. I’m helpless. I can’t cope.	I have choices now. I’m in control now. I can cope.

My beliefs

Memory or trigger (headline)	My negative belief	The positive belief I’d prefer

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The two scales

- **SUD** (Subjective Units of Disturbance) tells us how upsetting the memory feels *right now*, from 0 to 10. As processing goes on, we hope to see it come down.
- **VoC** (Validity of Cognition) tells us how true the positive belief *feels* right now, from 1 to 7. It's a gut feeling, not what you think should be true. We hope to see it go up.
- There are no right or wrong answers. The first number that comes to mind is usually the right one.

SUD: How disturbing does it feel right now?

0	1	2	3	4	5	6	7	8	9	10

0 = no disturbance — *10 = the worst I can imagine*

VoC: How true does the positive belief feel right now?

1	2	3	4	5	6	7

1 = completely false — *7 = completely true*

"What I learned then
doesn't have to be what I believe now."