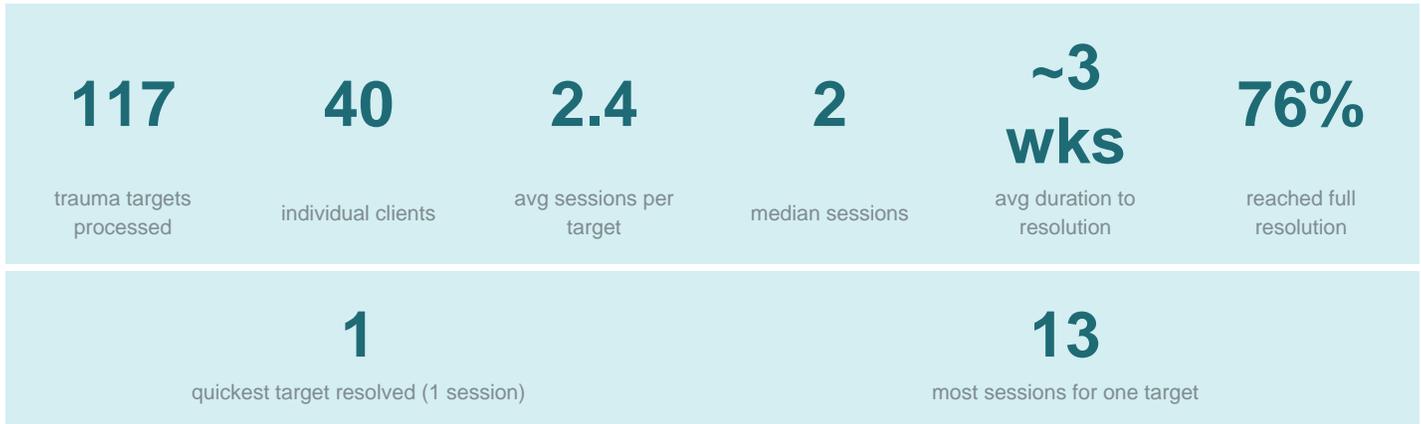


# EMDR Results at Thrive Well Therapy

February 2025 to February 2026

In the last 12 months, I tracked every trauma target reprocessed through EMDR to better understand what truly changes when healing begins. The numbers and the words my clients found at the end tell a clear story of strength, relief, and transformation.



## Outcome Breakdown



Not every memory needs direct processing. Often, relief from one moment brings peace to another. It is also common for unprocessed targets to lose their emotional charge naturally as related memories are resolved, a phenomenon known as spontaneous generalization. This was observed across the caseload but not systematically tracked in this period.

## The Emotions Most Often Released

Clients most often began EMDR processing with **sadness, shame, anger, anxiety, and fear**, emotions that had stayed locked in the body for years. Frustration, guilt, regret, disappointment, and embarrassment also appeared frequently. As EMDR progressed, these emotions softened, releasing tension and restoring a sense of peace and self-compassion. After resolution, clients most commonly reported **peace, relief, calm, lightness, warmth, and clarity**, often expressed through physical sensations like an open chest, lighter shoulders, or energy moving freely through the body.

## ■ Core Beliefs That Shifted

Most clients entered EMDR carrying one of these core negative beliefs:

<i>"I'm not good enough"</i>	<i>"I'm not safe"</i>	<i>"I am a failure"</i>	<i>"I am weak"</i>
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By the end of reprocessing, those beliefs had transformed:

<b>"I am enough"</b>	<b>"I am good enough"</b>	<b>"I am confident"</b>	<b>"I am loveable"</b>
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Other positive cognitions that emerged: **I matter** | **I am worthy** | **I am capable** | **I am powerful** | **I am valuable** | **I am brave**

## ■ Words From the Work

These are the words and moments clients found at the end of their sessions.

<i>"I am free, deserving, loved, safe."</i>	<i>"Energy flowing through my body freely."</i>	<i>"I can finally breathe."</i>
<i>"I deserve peace and safety."</i>	<i>"I feel lighter."</i>	<i>"I'm allowed to take up space."</i>
<i>"I can accept my past, not run away."</i>	<i>"I was helpless. Things have changed."</i>	<i>"I don't need to hold it anymore."</i>
<i>"Mistakes don't make you unworthy."</i>	<i>"I'm worth more than what they gave me."</i>	<i>"I can just be."</i>
<i>"It doesn't control me."</i>	<i>"I'm okay."</i>	<i>"I am finally enough."</i>
<i>"It was just a period of my life."</i>	<i>"I've always had me."</i>	<i>"I feel safe now."</i>

*Healing doesn't erase what happened. It rewires how it lives inside you. EMDR helps strong people stop surviving their past and start inhabiting their peace.*

Learn more at [www.thrivewelltherapy.com](http://www.thrivewelltherapy.com)