

# TICES Grid

Adapted from: Shapiro, F. (2012). *Getting past your past: Take control of your life with self-help techniques from EMDR therapy*. Rodale Books.

Date and Time	Trigger	Image	Cognition	Emotion	Sensation	SUDs 0-10

Downloaded from: <https://craigcoventrycounselling.co.uk> where you will also find directions and other resources.

Remember the TICES grid is for logging purposes only and not for processing at home. Once you have noted a trigger, do some form of grounding/regulation as directed by your therapist.