

VOC Tracking Worksheet (Validity of Cognition)

This worksheet helps track changes in the client's beliefs throughout EMDR sessions using the Validity of Cognition (VOC) scale. The scale ranges from 1 (completely false) to 7 (completely true).

VOC Scale

- 1 = Completely False
- 2 = Mostly False
- 3 = Slightly True
- 4 = Moderately True
- 5 = Considerably True
- 6 = Almost Completely True
- 7 = Completely True

VOC Tracking Table

Date	Target Memory / Situation	Positive Cognition (PC)	Negative Cognition (NC)	VOC Before	VOC After

Reflection & Notes

Use this space to note client's reactions, changes in belief, or observations about processing.