

Intrusion Record Sheet

Situation or trigger	Intrusion: thought, image, urge or obsession What unwanted cognition did you have?	Interpretation of intrusion What does that thought or image say about you? What is so important about it? If that thought were true, what would be so bad about it?	Coping strategy What did you do to deal with that intrusion? Did you have a compulsion (urge) to <i>do</i> something to deal with it?



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<i>At home talking with my husband</i>	<i>Image of me killing my husband</i>	<i>I might do it - I'm dangerous</i> <i>I'm a bad person for having these thoughts</i> <i>(Thought-action fusion)</i> <i>(Moral thought-action fusion)</i>	<i>Suppress the thought</i> <i>Think of 'nice' things</i>
<i>Walking to work</i>	<i>Have I left the house unlocked?</i>	<i>What if I haven't locked it and a burglar comes in?</i> <i>I can't risk it</i> <i>(Intolerance of uncertainty)</i> <i>(Overestimation of probability of harm)</i>	<i>Check repeatedly to see if lock is secure</i>
<i>Watching TV, report on news child abuse</i>	<i>Saw image of the face of my abuser and heard him saying "you're making me do this"</i> <i>Images can be multi-sensory (sight, sound, smell, taste, touch)</i>	<i>I'm still not safe</i> <i>Something about me is wrong - I'm disgusting</i>	<i>Turned off tv and distracted myself</i>

