

## Intrusion Diary Worksheet

Use this diary to record intrusive memories of your traumatic event. Intrusive memories are ones which pop involuntarily into your mind when you don't want them to – not times when you deliberately go over the event in your mind.

<b>Date &amp; Time</b>	<b>Situation or trigger</b>	<b>Intrusion</b> What was the intrusive memory of? What senses did you experience? (sight, sound, smell, touch, taste)	<b>'Nowness'</b> How much did the event feel like it was happening again in the present (0-100%)	<b>Distress</b> (0-100%)

