

## Intrusion Diary

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

	<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%)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				