

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.

	Situation or trigger	Intrusion What was the intrusive memory of? What senses did you experience? (sight, sound, smell, touch, taste)	'Nowness' How much did the event feel like it was happening again in the present (0-100%)	Distress (0-100%)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				