

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 | | | | |