

## Intrusive Memory Record

Intrusive memories are those which pop **involuntarily** into your mind when you don't want them to. They are often triggered by things that happen in the world around you (sights, sounds, smells, etc). They are different from memories that you retrieve deliberately when you replay events 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%)