

# Intrusion Record

<b>Situation or trigger</b>	<b>Intrusion: thought, image, urge or obsession</b> What unwanted cognition did you have?	<b>Interpretation of intrusion</b> What does that thought or image say about you? What is so important about it? If that thought were true, what would be so bad about it?	<b>Coping strategy</b> What did you do to deal with that intrusion? Did you have a compulsion (urge) to <i>do</i> something to deal with it?