

# Worksheet

Professional Version | US English

# Hotspot Record



---

## Description

---

Hotspot identification and updating is a core component of the 'enhanced reliving' technique – cognitive restructuring within reliving for PTSD. In a typical course of therapy including enhanced reliving traumatic appraisals are identified during reliving, and updates are elaborated off-line (outside of reliving). Updated beliefs can then be inserted into the memory during another session of reliving by pausing to ask the critical question "and what do you know now?". This *Hotspot Record* is formatted to facilitate this off-line process. It include spaces to record the event/hotspot, associated emotion, appraisal or belief in that moment, and the updated belief or current knowledge. Clinicians are strongly urged to read the paper by Grey, Young & Holmes (2002) which clearly details this process.

---

# Instructions

---

Enhanced reliving consists of the following steps:

1. Identification of (peri-) traumatic appraisals & emotions.
2. Identifying current knowledge (what do you know now?).
3. Integrating current knowledge back into the memory.

The Hotspot Record is designed to facilitate steps 1 & 2. Clients should be encouraged to:

1. Describe the image which represents the worst moment of the trauma. They might re-experience this moment frequently in flashbacks, or you can ask "If the memory was like a movie, can you fast-forward to the worst point then pause it and describe the scene?".
2. Rate the emotion(s) associated with that moment, and rate the intensity of each emotion.

3. Identify the client's appraisal of that worst moment by asking questions like "What does that image mean to you?", "In that moment what did you think was going to happen?", "In that moment, what did you think about yourself?". The aim is to identify peri-traumatic cognitions – what sense did they make of that situation in that moment?
4. Use appropriate cognitive restructuring techniques to generate 'updates.' 'Hot' peri-traumatic cognitions are often biased, frozen in time, or have not been updated with subsequent information. Simple updates might include "I survived" or "I was injured but escaped". More complex examples might include taking the stance of a compassionate adult toward a child, for example "It wasn't my fault", "I did nothing wrong, it is the abuser who should be ashamed of their actions".

Techniques for integrating updates into trauma memories are described in Grey, Young & Holmes (2002).

---

# References

---

Ehlers, A., Clark, D. M. (2000). A cognitive model of posttraumatic stress disorder. *Behaviour Research and Therapy*, 38, 319-345

Grey, N., Young, K., & Holmes, E. (2002). Cognitive restructuring within reliving: a treatment for peritraumatic emotional "hotspots" in posttraumatic stress disorder. *Behavioural and Cognitive Psychotherapy*, 30, 37-56

# Hotspot Record

<b>Event</b> What image represents the worst moment?	<b>Emotion</b> (Rate intensity 0–100)	<b>Appraisal</b> What does the image mean to you? What did you believe in that moment?	<b>Update</b> What do you know about that moment or situation <i>now</i> ?

# Hotspot Record

<b>Event</b> What image represents the worst moment?	<b>Emotion</b> (Rate intensity 0–100)	<b>Appraisal</b> What does the image mean to you? What did you believe in that moment?	<b>Update</b> What do you know about that moment or situation <i>now</i> ?
I can see the other car's headlights coming towards me.	Fear – 100%	I'm going to die.  I'll never see my family again.	I was injured but I didn't die.  I did see my family again.
In my abuser's house, when he told me that what happened was my fault.	Guilt – 80% Shame – 80%	He's right, this wouldn't have happened if I had done as I was told.	His behavior was nothing to do with me, I was only a child.
The moment when the bullies laugh and I walk away.	Humiliation – 100%	I'm nothing. I'm pathetic because I didn't stand up for myself.	What's <i>*really*</i> pathetic is their behavior. They knew they were hurting me and they did it anyway.

Downloaded by Paul Green on 2023-11-09 at 15:45:04. Customer ID cus\_Oq8EDzpzNqIzEdn

Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



## Resource details

Title: Hotspot Record  
 Type: Worksheet  
 Language: English (US)  
 Translated title: Hotspot Record

URL: <https://www.psychologytools.com/resource/hotspot-record/>  
 Resource format: Professional  
 Version: 20230721  
 Last updated by: EB

## Terms & conditions

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: <https://www.psychologytools.com/terms-and-conditions/>

## Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

## Copyright

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.