

Worksheet

Professional Version | US English

Intrusion Record



Description

The *Intrusion Record* is a form for capturing the content and meaning of intrusive thoughts and images. A key concept when working with cognitive intrusions is that it is often not the intrusion itself which is bothersome, but the meaning that the individual ascribes to the intrusion. For example, a client with OCD may have an intrusion of their children getting ill, but be most bothered by the idea that they would be responsible were that to happen. This worksheet can be used to train clients to capture both the content of an intrusion, and the meaning that they associate with that intrusion.

The intrusion record was designed for working with OCD-type intrusions (thoughts, images, urges, or obsessions), but may be equally appropriate for working with intrusions in PTSD where peri-traumatic or post-traumatic meanings may be attached to an image.

Instructions

1. Start by identifying the situation or trigger for the cognitive intrusion. When trying to recall past intrusions the process of eliciting information about where and when the intrusion occurred can aid memory elaboration. Record this information in the first column.
2. Record details about the content of the cognitive intrusion. Intrusions can be thoughts, images, memories, urges, doubts, or other forms of obsession. Encourage the client to record as much information as possible. Record this information in the second column.
3. In the third column, record the client's interpretation of the intrusion. Helpful questions to ask include "what does that thought/image/memory say about you?", "if that thought were true what would it say about you?", and "if other people knew you had that thought what do you worry they would think of you?".
4. Use the fourth column to record information about how the client coped with that intrusion. Did they attempt to avoid or suppress it? Did they feel the urge to perform an action or behavior (compulsion) to neutralize it?

References

- Brewin, C. R., Gregory, J. D., Lipton, M., & Burgess, N. (2010). Intrusive images in psychological disorders: characteristics, neural mechanisms, and treatment implications. *Psychological Review*, 117(1), 210
- Rachman, S. (2007). Unwanted intrusive images in obsessive compulsive disorders. *Journal of Behavior Therapy And Experimental Psychiatry*, 38(4), 402-410.

Intrusion Record

<p>Situation or trigger</p>	<p>Intrusion: thought, image, urge or obsession</p> <p>What unwanted cognition did you have?</p>	<p>Interpretation of intrusion</p> <p>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?</p>	<p>Coping strategy</p> <p>What did you do to deal with that intrusion? Did you have a compulsion (urge) to do something to deal with it?</p>

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<p>Situation or trigger</p>	<p>Intrusion: thought, image, urge or obsession What unwanted cognition did you have?</p>	<p>Interpretation of intrusion 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?</p>	<p>Coping strategy What did you do to deal with that intrusion? Did you have a compulsion (urge) to do something to deal with it?</p>
<p>At home talking with my husband.</p>	<p>Image of me killing my husband.</p>	<p>I might do it - I'm dangerous I'm a bad person for having these thoughts.</p> <p>(Thought-action fusion) (moral thought-action fusion)</p>	<p>Suppress the thought. Think of 'nice' things.</p>
<p>walking to work.</p>	<p>Have I left the house unlocked?</p>	<p>what if I haven't locked it and a burglar comes in? I can't risk it.</p> <p>(Intolerance of uncertainty) (Overestimation of probability of harm)</p>	<p>Check repeatedly to see if lock is secure.</p>
<p>Watching TV, report on news child abuse.</p>	<p>Saw image of the face of my abuser and heard him saying "you're making me do this"</p> <p>Images can be multi-sensory (sight, sound, smell, taste, touch).</p>	<p>I'm still not safe. Something about me is wrong - I'm disgusting.</p>	<p>Turned off tv and distracted myself.</p>

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