

Worksheet

Professional Version | US English

Intrusive Memory Record



Description

The *Intrusive Memory Record* is a tool for recording the frequency and content of intrusive memories in post-traumatic stress disorder (PTSD). Intrusive memories can be defined to the client as memories which occur involuntarily and are differentiated from memories that are retrieved deliberately.

This record can be used to inform treatment decisions regarding which memories (or parts of memories) need to be targeted in treatment. It can also be used at multiple time points throughout memory processing to determine whether processing / reliving is having an impact upon the content or 'nowness' of memories being worked upon.

Instructions

On the *Intrusive Memory Record* clients are instructed to:

1. Record when an intrusive memory occurred.
2. Record the situation in which it occurred, or the stimuli which triggered it.
3. Record details of the memory intrusion itself. What was the memory of? What sensations (sight, sound, touch, smell, taste) were associated with it?
4. Rate the 'nowness' of each memory (i.e. how much each intrusive memory felt like it was happening again in the present).
5. Rate the distress associated with each memory.

References

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.

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.

Date & Time	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%)

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Date & Time	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 10:00	Saw a man in town who walked in the same way as my ex-partner did.	memory of the time he came home from the pub and swaggered in to the living room – I could tell he wanted to cause an argument. I remembered feeling so helpless and not knowing what I could do to prevent the inevitable.	60% – I knew I was in town, but the memory was quite strong.	80% – I felt like I had to get away.
Wednesday 17:30	In the kitchen, my seven-year old son was shouting at me because he was hungry.	memory of my ex-partner shouting and being physically aggressive in that same room of the house.	80% – I didn't really know where I was for a moment.	90% – I felt scared at the time and then upset that I get so upset about my son.
Saturday 21:00	Watching a news item about domestic violence.	memory of a particular time that he beat me and humiliated me. I could taste blood in my mouth.	100% – Really strong one and I spaced out for a while.	100% – I dissociated and took a long time to feel safe.

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