

INTRUSIVE THOUGHT LOG

DATE

TIME

SITUATION

EMOTION ON OCCURRENCE

_____ 1 2 3 4 5 6 7 8 9 10

_____ 1 2 3 4 5 6 7 8 9 10

PHYSICAL SENSATIONS

OBSESSION/INTRUSIVE THOUGHT/IMAGE

URGES/BEHAVIOR

EMOTION AFTER BEHAVIOR

_____ 1 2 3 4 5 6 7 8 9 10

_____ 1 2 3 4 5 6 7 8 9 10

NOTES/REFLECTIONS

example

INTRUSIVE THOUGHT LOG

DATE January 1, 2020

TIME 3:00PM

SITUATION

At work about to go to a meeting & heard a siren outside the window

EMOTION ON OCCURRENCE

<u>Fear</u>	1	2	3	4	5	6	7	8	9	10
<u>Anxiety</u>	1	2	3	4	5	6	7	8	9	10

PHYSICAL SENSATIONS

Heart started pounding, breathing got faster, started to sweat

OBSESSION/INTRUSIVE THOUGHT/IMAGE

Scary imagery of my baby getting hurt while home with the nanny

URGES/BEHAVIOR

Urge: to call the nanny and check in to see if baby is okay, to cancel my meeting, to get a video system for the house so I can always see what is happening and if the baby is hurt or not
Behavior: Called nanny and was late to my meeting.

EMOTION AFTER BEHAVIOR

<u>Anxiety</u>	1	2	3	4	5	6	7	8	9	10
_____	1	2	3	4	5	6	7	8	9	10

NOTES/REFLECTIONS

Anxiety didn't really decrease. My heart rate is still high, and now I'm also anxious because I was late to my meeting and my boss was annoyed.