

# Intrusive Thought Diary PTSD Worksheet

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| Name   | Date     |
| Time   | Location |
| Situation/trigger:   |          |
| Write down the specific thought or image that intruded upon you.   |          |
| Record the emotions and feelings that accompanied the intrusive thought. Rate the intensity of each feeling on a scale of 0-10 (0 = not intense, 10 = extremely intense).                      |          |
| Describe any physical sensations or reactions you experienced during the intrusive thought. Rate the intensity of each sensation on a scale of 0-10 (0 = not intense, 10 = extremely intense). |          |
| Identify any unhelpful or irrational thoughts or beliefs that may have arisen along with the intrusive thought. Challenge these thoughts with rational counterarguments.                       |          |
| List any coping strategies or techniques you used to manage the intrusive thought. Rate the effectiveness of each strategy on a scale of 0-10 (0 = not effective, 10 = highly effective).      |          |
| List any self-care actions you can take to soothe yourself after experiencing the intrusive thought. Plan to implement one or more of these actions.   |          |

**Additional notes**