

EXERCISE: Take a Negative-Intrusions Survey

Introduce this survey by asking the participant, 'Do you ever have negative or upsetting thoughts, images, or memories that suddenly pop into your mind for no reason? You don't want to have this thought, image, or memory, you find it upsetting, and you would like to stop thinking about it, but it's hard to get your mind off it. It may pop into your mind quite randomly, and it may take you by surprise.' Ask the person to describe these negative intrusions, and then use this worksheet to record the responses.

Name of Survey Participant	Negative Intrusive Thoughts, Images, or Memories
1.	
2.	
3.	
4.	
5.	
6.	