

# EXERCISE: Your Creative-Intrusions Diary

Over the next week or two, use this worksheet to record experiences in which a positive, creative, or inspirational idea spontaneously and unexpectedly popped into your mind. In the left-hand column, write down the situation, circumstance, or problem that you or someone you knew was facing. In the right-hand column, write down the sudden, unexpected thought or idea that enabled you to successfully deal with it. If you need more space to write, you can visit [www.overcoming.co.uk](http://www.overcoming.co.uk) to download a copy of this creative-intrusions worksheet.

## Creative Intrusions Worksheet

Situation, Circumstance, or Problem	Creative Problem-Solving Intrusive Thought
1.	
2.	
3.	
4.	
5.	

6.

7.