

TICES Log

Just notice what you are experiencing and take a "snapshot" of it with this log. Briefly note what you are seeing, feeling, thinking, and the trigger in the TICES grid below. Then use your Calm/Safe Place or Breathing Shift technique to return to neutral.

T <i>Trigger Situation</i>	I <i>Image</i>	C <i>Cognition/Thoughts</i>	E <i>Emotions</i>	S <i>Body Sensation</i>	SUD <i>(0-10)</i>

0=neutral/10=highest you can imagine

See Dr. Shapiro's (2012) book "Getting Past Your Past" pages 91-94 for a full description on using this log.

Adapted from ©2001 Francine Shapiro – Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures. 2nd edition text, page 429.