

TICES Worksheet

Please record the following information as they occur:

Date & Time	Trigger (internal or external) Something that sets you off; e.g.: a thought or a feeling (internal); OR something you see or hear (external)	Image Picture that comes to mind as trigger occurs (e.g., image in flashback or dream)	Cognition/Thought e.g., I'm not good enough, There is something wrong with me, I'm not safe, I'm responsible, etc.	Emotions e.g., feeling sad, anxious, depressed, afraid, etc.	Sensations in the body e.g., tightness in chest, tension in neck, upset stomach, etc.	SUD (0-10) (before intervention)	Intervention/ Coping skill used e.g., calm place, mindfulness, light beam, reading, exercise, journaling, etc.	SUD (0-10) (after intervention)

Note. SUD = Subjective Units of Distress (0 being neutral or no disturbance and 10 being the most disturbance you can imagine)
 Adopted by *Sven Schild, PhD*, from Francine Shapiro's book - EMDR: Basic Principles, Protocols, and Procedures. 2nd Edition.