

# TICES Log – Between Session Notes

Sometimes, after EMDR or other processing work, you might notice new thoughts, feelings, dreams, or memories. The TICES log — which stands for *Trigger, Image, Cognitions, Emotions, and Sensations* — is simply a space for you to jot down anything that stood out, so we can look at it together in our next session.

There's no "right" or "wrong" way to fill it in — you might write a lot, a little, or just a few key words. If you find something unsettling, you're welcome to pause, take a moment, and use any strategies that help you feel steady — whether that's a breathing exercise, a grounding practice, a safe image, or something else that works for you.

You don't need to capture everything, and you don't have to work through it on your own — this log is simply here so you don't have to keep it all in your head between sessions.

Date & Time	Trigger (Who/what/ where/when)	Image (What you see in your mind's eye)	Thoughts / Beliefs	Feelings (Positive or Negative)	Body Sensations (touch, smell, sound, taste)	SUD (0-10) Before	Coping Skills Used	SUD (0-10) After

