–LENSS–

Between-Session Log

Noticing what comes up between sessions, so we can use it in therapy.

Processing can carry on between sessions. Use this log to jot down anything that comes up, such as triggers, dreams, memories or changes, using the TICES headings. Keep it brief: just enough to remind you. Then use your container or calm place to set it aside, and bring the log to your next session.



My TICES log

Date	Trigger	Image	Cognition (belief)	Emotion	Sensation (body)	SUD 0–10	What helped

Positive changes I have noticed

For example, sleeping better, feeling calmer, doing something I had been avoiding.

The TICES log was developed by Dr Francine Shapiro.

"Noticing is part of healing."