

Brain Dump Journal

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Record one entry per line, as close to the event as possible. Bring the completed log to your next appointment.

Name

Date completed

Date of birth

Record / MRN number

Recorded by

Period covered

Complete one row per entry. Record intensity (0-10) at the time it is observed rather than from memory.

Brain Dump log

Date	Time	Situation / trigger	Intensity (0-10)	Notes / action taken

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Patterns noticed over this period

Questions for the next appointment