Incident journal

Creating a journal is a way to preserve memories. Some things to keep in mind when journaling:

* You might be able to remember more after having one or two nights of sleep. If you’re having trouble recording what happened immediately after the incident, give yourself some time to rest and then come back.
* You might recall additional information days, weeks, or even months after the incident. Keep this journal in a safe spot so that you can add to it later if you need to.
* Sensory memories (things you remember smelling, hearing, seeing, or feeling) can help to uncover additional memories about what happened.
* Care for yourself while recording; contact information for confidential resources is available on the

[OSMRC website](https://osmrc.uiowa.edu/).

* Everyone’s healing journey is unique. Journaling can be helpful; yet for some, it can be harmful. If you are finding that it is harmful for you, give yourself permission to stop. This is one of many tools, it is not the only one.

Date:

What do you remember about the incident? There is no need to record events in order – just write what you remember.

Do you remember any specific sounds? What did you smell?

What do you remember seeing or feeling?

Are there any other details that stand out to you when you think about what happened?

Were other people around before, during, or after the incident who might remember details?