# Memory log

After an experience of discrimination or sexualized violence, it can be helpful to keep a written record of the experience. A memory log is intended to prevent important information (what, when, where, who, how) from being forgotten. It can also help you to sort your thoughts after a stressful situation. This template can be supplemented as required. A memory log is not a prerequisite for a counseling session.

1. What happened?
2. What form of discrimination and/or sexualized violence is involved?
3. When and where did the incident take place? (time, place)
4. Who was the source of the discrimination and/or sexualized violence?
5. Are there any witnesses and/or evidence?