

Getting Through Flashbacks

Ask the following questions to ground yourself back into the present:

Right now I am feeling _____,
(insert name of the present emotion),

and I am sensing in my body _____.
(describe at least three current bodily sensations),

because I am remembering _____,
(name the trauma by title only - no details),

At the same time, I am looking around where I am now in _____,
(insert the current year),

here _____,
(name the place where you are),

and I can see _____,
(describe some of the things that you see right now - in this place – detail helps),

And so I know _____,
(name the trauma, by title only, again),

is not happening now or anymore.

Additional skills for flashbacks:

- Stomp your feet
- Blink your eyes
- Clap your hands
- Spray the memory with a bottle of (imaginary) cleanser.
- Splash your face with cold water.
- Move around.
- Hold onto a safe object.
- Name objects in the environment out loud.
- Draw the flashback on paper and then shred or burn the paper.
- Draw the flashback onto an imaginary dry erase board and then erase it (using movements of the eraser with your hands).
- Change your body position.
- Deep breath.
- Go to a previously-defined safe place.