

Flashback Halting Script

When a flashback occurs, it can feel like what is being replayed is happening now. It therefore can be useful to use your awareness of the here and now to challenge the experience of the flashback so that you re-establish that it is in the past and not happening now.



This can be done by saying the following aloud:

- Right now I am feeling _____,
(Insert name of current emotion e.g. fear)
- and I am sensing in my body _____
(describe your current bodily sensations – name at least three)
- 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 _____
(the actual current year)
- here _____,
(name the place where you are)
- and I can see _____ ,
describe some things you see right now, in this place)
- and so I know _____ ,
(name the trauma, by title only, again)
- is not happening now/ anymore.

Similarly, the flashback halting protocol can be adapted for use with nightmares that may be traumatic flashbacks. This can be used as a ritual before sleep, to prepare for the expected nightmare:

- I am going to awaken in the night feeling _____,
(Insert name of anticipated emotion e.g. fear)
- and I will be sensing in my body _____
(describe your anticipated bodily sensations – name at least three)
- because I will be remembering _____.
(name the trauma by title only – no details).
- At the same time, I will look around where I am now in _____
(the actual current year)
- here _____,
(name the place where you are)
- and I will see _____ ,
describe some things you see right now, in this place)
- and so I will know _____ ,
(name the trauma, by title only, again)
- is not happening now/ anymore.

If you awaken with a flashback or nightmare, the regular protocol can be used.

You could teach a partner, parent or someone you live with to prompt the protocol, or state it yourself