

FLASHBACK PROTOCOL**

Flashback halting protocol reconciles experiencing self with observing self, (usually) quickly halting traumatic flashbacks.

Say the following sentences filling in the blanks, following the instructions:

- Right now I am feeling _____ ,
(name the current emotion, usually fear)
- and I am sensing in my body _____ ,
(describe current bodily sensations in detail),
- because I am remembering _____ .
(name the trauma by title, *only* — no details).
- And, *at the same time* , I am looking around where I am *now* in _____ (say the 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),
- and so I know _____ ,
(name the trauma again)
- is not happening now/anymore.”

Rothschild, B. (2000). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W.W. Norton.