## **Discrimination Worksheet for Flashbacks**

Then – the trauma	Now – what's different
<i>Describe environment, situation &amp; circumstances, time, emotions, physical state and sensations, smells, sounds, people present</i>	<i>Alongside each item in left column, write down what's different about right now</i>
Example: Road traffic accident 10 years ago	
Loud crash, screaming Unable to move – legs trapped	<i>Quiet, steady engine hum Can move freely</i>
Smell of smoke and petrol Injured – painful legs, blood	Perfume smell Healthy – no pain or blood
Alone Dark	
Raining	Overcast but clear and dry
<ul><li>Notice the intrusive memory</li><li>STOPP!</li></ul>	
• <b>T</b> ake a breath	
• <b>O</b> bserve – describe the feelings, ima	ges, thoughts, triggers
	e: what's different about now? Right now,
<ul> <li>Practice what works – choose to do w trigger?</li> </ul>	what will help most. Avoid or face the