## Discrimination Worksheet for Flashbacks

<table>
<thead>
<tr>
<th>Then – the trauma</th>
<th>Now – what’s different</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Describe environment, situation &amp; circumstances, time, emotions, physical state and sensations, smells, sounds, people present</em></td>
<td><em>Alongside each item in left column, write down what’s different about right now...</em></td>
</tr>
</tbody>
</table>

**Example:** Road traffic accident 10 years ago

- Loud crash, screaming
- Unable to move – legs trapped
- Smell of smoke and petrol
- Injured – painful legs, blood
- Alone
- Dark
- Raining

- Quiet, steady engine hum
- Can move freely
- Perfume smell
- Healthy – no pain or blood
- With friend
- Daylight
- Overcast but clear and dry

Notice the intrusive memory...

- **STOPP!**
- Take a breath
- **Observe** – describe the feelings, images, thoughts, triggers
- **Pull back / Perspective** – discriminate: what’s different about now? Right now, what can I see, hear, smell, touch?
- **Practice** what works – choose to do what will help most. Avoid or face the trigger?