Discrimination Worksheet for Flashbacks

Then – the trauma	Now – what's different
Describe environment, situation & circumstances, time, emotions, physical state and sensations, smells, sounds, people present	*Alongside each item in left column, write down what's different about right now…*
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…

- **S**TOPP!
- **T**ake a breath
- **O**bserve – describe the feelings, images, thoughts, triggers
- **P**ull back / Perspective – discriminate: what's different about now? Right now, what can I see, hear, smell, touch?
- **P**ractice what works – choose to do what will help most. Avoid or face the trigger?