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.”