

APPENDIX E: FLASHBACK PROTOCOL

Flashbacks can be a common problem for people who have experienced traumatic events. Flashbacks can sometimes feel like a re-experiencing of the event, even if it occurred a long time ago. They can be extremely distressing. The following is a protocol that can help you manage flashbacks, both before they happen and afterwards, and help you to get on with what you have to do. Read this protocol through and keep a copy of it handy to read to yourself after you experience a flashback.

- Right now I am feeling _____ (e.g. scared, anxious, panicky, sad, etc).
- And I am sensing in my body _____ (e.g. heart racing, stomach tightening, shaking, sweating, dizzy, headache, nausea, etc).
- Because I am remembering _____ (e.g. the war, 'the bad things', 'the bad person', 'that awful stuff', etc).
- And at the same time it is now _____ (name the time, date and year—if necessary look at a clock, mobile phone etc).
- And I am here at _____ (name the place).
- And I can see _____ (name to yourself 5 objects you can see around you).
- And so I know that _____ is not happening now/any more.