



Flashback Script

Right now I am feeling:

(insert name of the current emotion)

And I am sensing:

(describe at least three physical sensations)

Because I am remember:

(name the trauma- by title only, no details)

At the same time I am looking
around where I am now in:

(the actual calendar 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, only by title)

Is not happening anymore.

Adapted from the excellent work of Babette Rothschild for BodyMatters clients