

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 traume by title only no detaile)
At the course times I am leading	(name the trauma- by title only, no details)
At the same time I am looking around where I am now in:	
around where rain 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:	(nome the training and plantifle)
In a Change Section	(name the trauma again, only by title)
Is not happening anymore.	

Adapted from the excellent work of Babette Rothschild for BodyMatters clients