



Nightmare Script

I am going to awake in the night & feel:

(insert name of the anticipated emotion)

And will be sensing in my body:

(describe at least three physical sensations that are anticipated)

Because I will be remembering:

(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