

## Flashback halting protocol

Reconciles experiencing self with observing self, 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 body sensations, cold, hot, trembling etc.)*

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 in \_\_\_\_\_,  
*(say where you are, the place i.e., my bedroom, the kitchen)*

And I can see \_\_\_\_\_,  
*(say what you see around you)*

And so I know \_\_\_\_\_,  
*(name the trauma again)*

Is not happening to me now/anymore.

From: *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. By Babette Rothschild (2000)