

Nightmare halting protocol

The flashback halting protocol can also be effectively adapted for use with nightmares that may be traumatic flashbacks. This has been used as a ritual before sleep, to prepare for the expected nightmare.

Say the following sentences filling in the blanks, following the instructions:

I am going to awaken in the night feeling _____,
(insert name of the anticipated emotion, usually fear)

I will be sensing in my body _____,
(describe your anticipated body sensations – name at least three.)

Because I will be remembering _____,
(name the trauma by title only - no details)

At the same time I will look around where I am now in _____,
(the actual current the year)

Here in _____,
(name the place where you will be)

And I will see _____,
(describe some of the things that you see right now, in this place)

And so I will know _____,
(name the trauma, by title only, again)

Is not happening to me now/anymore.

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