

## EXERCISE 11: GETTING TO KNOW YOUR FLASHBACKS

The first step is for you to notice and understand what happens to you while you experience a flashback. Think back to the last time you had a flashback or alternatively, wait until you experience the next one. Copy the questions from the boxes below into your journal and answer them (additional copies are provided in the Appendix or online). Exercise 11 consists of 3 parts: 11A. Recognise the triggers; 11B. Identify the traumatic memory; and 11C. Get to know your body's responses.

<b>A. Recognise the triggers</b>	<b>Record your observations:</b>
<ol style="list-style-type: none"><li>1. When did it happen?</li><li>2. What were you doing at the time?</li></ol>	

3. What else was going on when it started?
4. Was anybody else with you?
5. What are the similarities between your current situation and the situation that you were transported to in your flashback?
6. What was going on for you when you felt this way before?
7. What is similar to and what is different from the previous situation/s?
8. What do you think triggered it?  
(For example, a particular thought, smell, sound, picture, feeling, taste, sensation in your body – or reminder such as a conversation, media or a special event, such as an anniversary.)

**B. Identify the traumatic memory**

**Record your observations:**

1. What do you remember about your flashback?
2. Even if it feels a little distressing, describe in as much detail as you can what went through your mind.
3. Can you describe or draw the images that you saw during your flashback?
4. How long did it last?
5. Were you noticing what was going on around you or did the flashback block everything else out?

0 1 2 3 4 5 6 7 8

No  
distress

A little  
distress

Definite  
distress

Marked  
distress

Severe  
distress

**C. Get to know your  
body's responses**

**Record your  
observations:**

1. What sensations or feelings did you notice in your body during the flashback?
2. Try to describe them in as much detail as you can.
3. How strong were these sensations? Can you give them a rating between 0 to 8 (using the above scale)?
4. What were your thoughts about these feelings or sensations?
5. How did you react and respond to those feelings or sensations in your body?
6. What actions did you take to make yourself feel better?
7. What other ways may you have used in the past to control your flashbacks?