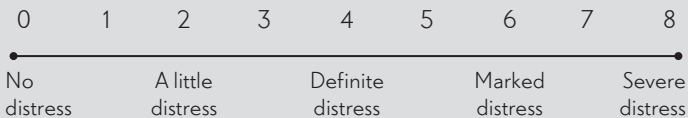


## EXERCISE 13: RECORDING YOUR FLASHBACKS

Below is an example of a simple flashback record chart. Copy the chart into your journal and then use it to monitor your own flashbacks over a longer period of time. The longer you monitor your flashbacks the better the understanding you are likely to gain of them. You might also like to refer to the questions you asked yourself in Exercise 11 when you are using this chart (blank copies are provided in the Appendix or online).

### FLASHBACK RECORDING CHART

Rate your strength of distress on the following scale:



Date/ Time	Trigger (external and internal)	Traumatic memory (content)	Your reactions (physical & emotional responses), Rate their strength (0–8)	Duration of flashback and nature of aftermath
12.3.16 6.30pm	<i>Electricity goes off. Lights go off due to a short power cut in this area</i>	<i>Takes me back to the time when the lights went off during my solitary confinement after being taken a prisoner</i>	<i>Fear. Feeling of out of control.  Feeling of coldness. Shivering all over my body. Severe distress = 7</i>	<i>30 min – lost touch with surroundings</i>
14.3.16 11.15am	<i>Backdoor was open. Tom walks in without ringing bell</i>	<i>People would just come in and I never had any control over it</i>	<i>Shouted at Tom. Increased heartbeat. Definite distress = 4</i>	<i>1 min acute – lingered in my system for some time afterwards</i>
14.3.16 1.00pm	<i>Maggie cooked lunch – smell of onions in the house.</i>	<i>Can see person who interrogated me. His breath smelt of onions</i>	<i>Feeling of nausea and sickness, had to walk out of house. Marked distress = 6</i>	<i>5 min – took time to shake off his face</i>
15.3.16 2.30pm	<i>Went to visit mum. Toby (dog) moved out from under the sofa (one of his favourite places)</i>	<i>Set off a flashback to the time in combat when someone shot at me from under a car</i>	<i>Terrified, nearly killed Toby. Had a real go at mum.  Took me ages to calm down. Severe distress = 8</i>	<i>3 min – took long time to calm down after</i>
17.3.16 9.00pm	<i>Invited to party. Fireworks display</i>	<i>The sound brought me right back to my experiences under combat fire.</i>	<i>Terrified, nearly wet myself, heart pounding, lost it with friends – shouted. Severe distress = 8</i>	<i>15 min – friends had to stop fireworks. Took a long time to calm down after</i>