

FLASHBACKS

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A FLASHBACK is a **sudden, involuntary** re-experiencing of a past **traumatic event** as if it is happening in the present.

FLASHBACKS take me from the **here-and-now** to the **there-and-then**.

FLASHBACKS pass more quickly if:

- I ground myself back in my body.
- I bring my front brain online by thinking and talking myself through it.
- I don't beat myself up, but am soothing and compassionate towards myself.

My 'timekeeper' is switched off right now — so I can't tell the difference between past and present.

With my 'timekeeper' offline, I can't imagine a future — but this won't go on forever.

This is a memory — even though it feels like it's happening now.

This is a flashback. It won't kill me — even though my body is reacting as if it will.

My front brain has switched off — my back brain has switched on.

It's a sign of my sanity — my brain is trying to heal.

Flashbacks take me out of my body — so I need to get grounded back in my body again.



CAROLYN SPRING

reversing **adversity**

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