Controlling flashbacks

through dual awareness acc. to:
Rothschild, B. (2002), *Der Körper erinnert sich. Die Psychophysiologie des Traumas und der Traumabehandlung*, Essen: Synthesis

Write down the following clearly as a template:

"The feeling I have at the moment is _____

And when I listen to my body, then it feels like_____.

I know this feeling from another time, it reminds me of _____.

When I look around me, then I realise that today is a different time, it's _____

_____. And I am now here in _____.

I can tell that I am now here due to _____.

I can therefore say to myself that the old situation is over. And everything is only a memory."

If you are in contact with children:

"When I am unable to cope with my child, I feel _____ and my body feels _____. When I think about this, it reminds me of _____. When I think about the current contact with my child, then I know that today is _____ and I am here in _____ _____ and, based on that, I recognise that _____ _____. I can therefore say to myself that the old situation is over. And everything is only a memory."

You can use this exercise in cases of:

- Dissociation
- Flashbacks
- Misjudging a situation
- Distorted reality

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