

Resist your inner critic's negativity.
Stop your inner critic's
catastrophizing by **saying**
“NO.” Refuse to share
or abandon yourself.
Recite positive qualities
and accomplishments
(memorized beforehand).

Gently come back
to your body.
+ Encourage each part of
your body to relax.
+ Breathe deeply and
slowly. Move slowly.
+ Find a safe, soothing
spot to unwind.
+ Notice and feel your fear
without reacting.

**Remind yourself you
are in an adult body**
Who feels lost and scared.
Remember that you are
not a child now, and this
fear will not last forever.
Inside of you
Comfort the child
inside of you
that feels lost and scared.
**Own your right
boundaries.**
You do not have to allow
anyone to mistreat you
any more. You can leave a
dangerous situation and
protect unfair behavior.

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An **EMOTIONAL FLASHBACK** is when you are suddenly thrown back into an overwhelming past situation, activating your automatic threat response and feelings of fear, anxiety, and powerlessness.

STEPS FOR HOW TO DEAL WITH FLASHBACKS

Tell yourself:
“I am having a flashback.”

It feels like you are back in the fear and danger of the past, but these feelings and sensations cannot hurt you now.

Remind yourself:
“I feel afraid but I am not in danger.”

You are safe now, here in the present. Use your five senses to anchor in the here and now.