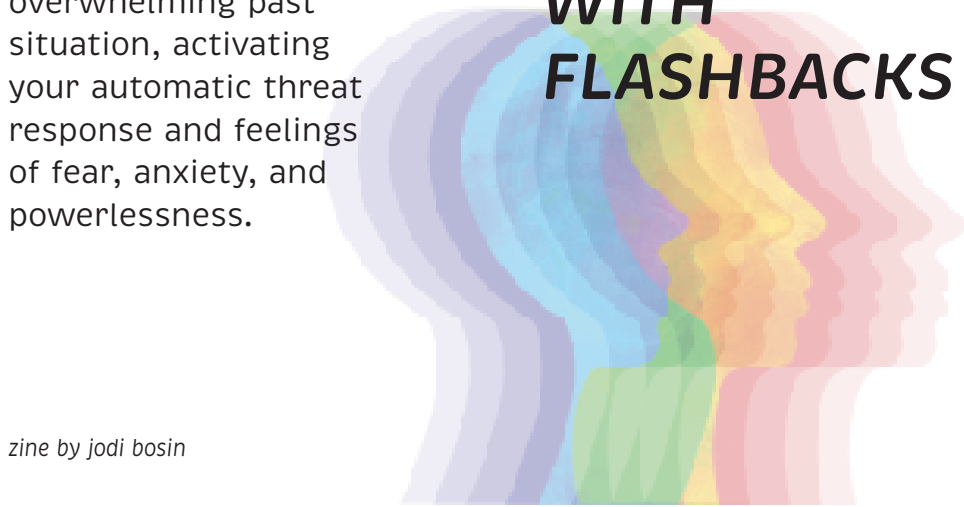


An **EMOTIONAL FLASHBACK** is when you are suddenly thrown back into an overwhelming past situation, activating your automatic threat response and feelings of fear, anxiety, and powerlessness.

Resist your inner critic's negativity.

Stop your inner critic's catastrophizing by **saying "NO."** Refuse to shame or abandon yourself. **Recite positive qualities** and accomplishments (memorized beforehand).

STEPS FOR HOW TO DEAL WITH FLASHBACKS



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.

Comfort the child inside of you
Remember that you are not a child now, and this fear will not last forever.

Remind yourself you are in an adult body
with ways to protect yourself that you didn't have back then.

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

Tell yourself:
"I am having a flashback."

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.

Own your right and need to have boundaries.

You do not have to allow anyone to mistreat you anymore. You can leave a dangerous situation and protest unfair behavior.

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