

## SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

### 5. DUAL AWARENESS EXERCISE FOR DEALING WITH FLASHBACKS

(Adapted from a protocol drawn up by Babette Rothschild)

It seems we have got two things going on here.

**Right now**, I am feeling (isolated/lonely/fearful/etc.) and I am sensing in my body... (3 or so things: i.e. heart racing, perspiring, tremulousness, etc...)

They are real sensations - that's what I am experiencing now - because I am remembering the abuse/neglect/trauma/RTA/hold-up/explosion/combat/accident/etc.

**However, at the same time**, I am looking around where I am now here (the place/room where I am now) and:

I can see 5 things...

I can hear 5 things...

I can sense (feel, smell, taste) the following 5 things...

**And so I know**, the incident/trauma/RTA/hold-up/explosion / accident/etc. is not happening now or any more.