


HOW TO COPE WITH NIGHTMARES & FLASHBACKS

OVERVIEW

If you experience flashbacks or nightmares, it could be helpful to have a script ready to remind your brain that you're in the present, not in the past.

EXAMPLE



"I am currently experiencing a flashback. My name is X and it is YEAR. I am feeling XX (emotion, usually afraid or fearful). While my feelings are real, these events are not happening right now. I know this because XX (could be anything that anchors you to the present—"I'm married", "I live in Winnipeg now", "I see my dog") and I know that I'm safe."

YOU ARE NOT ALONE



You are not alone in experiencing nightmares and flashbacks and it can take time for them to occur less. This script is a good way to cope while they still happen.