

Write your thoughts about your flashbacks here:



Now write how you plan to handle the thoughts about your flashbacks here:



Write down how you are coping with flashbacks now:



Write down how you plan to cope in future. This should include your plans from above about dealing with thoughts about flashbacks and the feelings that come along with them. Will you, for example, try re-scripting, making the flashback into a film, grounding or recognising the feelings or recognising when you need help?

My flashback plan



Well done! It is important to know that flashbacks can be normal after trauma, that many people suffer from them and that they can be cured. You can help yourself using the techniques we have outlined and by