

STEPS FOR COPING WITH A FLASHBACK

1. Get physical sensations—pound your legs, jump around, pinch yourself.
2. Where are you? You are not where you were when it happened. Go through your senses of touch, hearing, sight, taste, and smell.
3. When are you? What is the date today? The time?
4. It is just a flashback. It is my brain trying to heal itself.