



**NATAJSA
WAGNER**

Psychotherapy & Counselling

Flash Back Halting Protocol

Sit tall and have both feet on the floor. Say the following sentences and fill in the blanks

Right now I am feeling...

(name the current emotion)

And I am sensing in my body...

(describe body sensations)

Because I am remembering...

(name the trauma by title only – No details)

And at the same time I am looking around where I am now in the year...

(name the place and year)

I know the trauma is not happening now/anymore as

I can see...

(Name 5 things you can see)

I can hear ...

(Name 5 things you can hear)

I can feel

(Name 5 things you can feel)

Repeat the above

(This time name 4 things you can see, hear and feel)

Repeat the above

(This time name 3 things you can see, hear and feel)

Repeat the above

(This time name 2 things you can see, hear and feel)

Repeat the above

(This time name 1 thing you can see, hear and feel)