

Flashbacks – Self-Monitoring Record

Flashbacks are unwanted memories of things that have happened to you. They can occur in any of your senses (sight, sound, smell, touch, taste), and can make you feel like the event is happening again in the present moment.

Trigger Describe the situation that triggered your flashback	Flashback What was your unwanted memory of?	Emotions & body feelings What did you feel? How strong was that feeling? (0–100%)	Response What did you do? How did you cope with those feelings?
<ul style="list-style-type: none">• Who were you with? What were you doing? Where were you? When did it happen?• How was this situation similar to your trauma?	Flashbacks can be like pictures or films in your mind. You might experience sounds, smells, tastes, or feelings of touch.		

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Trigger Describe the situation that triggered your flashback	Flashback What was your unwanted memory of?	Emotions & body feelings What did you feel? How strong was that feeling? (0–100%)	Responses What did you do? How did you cope with those feelings?	Consequences What was helpful or unhelpful about responding in that way?
<p>• Who were you with? What were you doing? Where were you? When did it happen?</p> <p>• How was this situation similar to your trauma?</p>	<p>Flashbacks can be like pictures or films in your mind. You might experience sounds, smells, tastes, or feelings of touch.</p>			