

Flashbacks: Finding My Way Back to Now

A grounding workbook for recognising flashbacks and reconnecting with the present without retelling the trauma.

Recognising a flashback

Flashbacks can involve images, sounds, emotions or body sensations. Sometimes there is no clear picture; you may simply feel suddenly frightened, small, trapped, ashamed or disconnected.

My first signs

What do I notice just before or as a flashback begins?

Are there particular sounds, smells, places, sensations or emotions connected with it?

What does my body do?

Grounding through the senses

Name five things I can see.

Notice four things I can physically feel.

Name three sounds I can hear.

Notice two smells or neutral scents.

Notice one taste, sip of water or sensation in my mouth.

Back in the present

My name is...

Today is...

I am currently in...

The trauma is not happening right now. What evidence can I see around me?

One person or service I can contact if I need support is...

Gentle safety note: This resource is for reflection and stabilisation, not for forcing yourself to revisit traumatic memories. If you feel unable to keep yourself safe or are in a mental health emergency, seek urgent professional help.