

EMOTIONAL FLASHBACKS

ARE

EXPERIENCING OVERWHELMING FEELING
STATES IN THE PRESENT MOMENT,
THAT CAN INCLUDE

1. FEAR
2. SHAME
3. ALIENATION
4. RAGE
5. GRIEF
6. DEPRESSION



TIPS FOR RECOGNIZING

EMOTIONAL FLASHBACKS

01

The intensity of your Current experience is out of proportion to the CURRENT situation

Yes, what is happening in the present may still be upsetting/bothersome; however, the **INTENSITY** is a giveaway that the feelings experienced now are a mix of your present moment experience + the **PAST**

TIPS FOR RECOGNIZING

02

EMOTIONAL FLASHBACKS

Your nervous system has likely taken over, due to **neuroception**: the unconscious detection of **A THREAT** in your environment.

You are experiencing:
FIGHT/FLIGHT/FREEZE/SHUT-DOWN/FAWN

Something in the present moment is **SIMILAR**, or **SIMILAR ENOUGH** to what has actually been threatening and unsafe in the past.

Example: History of a rigid caregiver with a stern voice that Yelled at you and flooded you with fear or anger in the past. In the Present, the following may be triggers: Rigidity in others' tone of voice or physical movements, and Loud voices/Yelling

UNDERSTANDING TRIGGERS

OF

EMOTIONAL FLASHBACKS

▶ Any reminders of the abuse

Abuse includes acts of COMMISSION (something bad/inappropriate/happened to you), or acts of OMISSION (you did not consistently receive good things, such as nurturance, protection, guidance, support, validation)

▶ Reminders can include, but are not limited to the following:

- yelling
- loud sounds
- seeing someone intoxicated
- doing too much and feeling alone
- smells that remind you of...
- someone's appearance that reminds you of...
- being ignored
- being told NO
- unfairness and injustice
- disapproval
- rejection
- confined spaces



UNDERSTANDING TRIGGERS

OF

EMOTIONAL FLASHBACKS

▶ Can include unmet needs that occurred at a specific time in development

▶ Some examples of unmet needs include but are not limited to the following:

- Nurturance
- Comfort
- Peace
- Being Soothed
- Being Supported
- Protection
- Being Valued
- Being Seen
- Being Acknowledged
- Being Respected
- Safety
- Guidance
- Reassurance

