

The Flashback-Halting Protocol

The flashback-halting protocol is taken from trauma specialist Babette Rothschild's book, *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. It utilizes *dual awareness* – a skill mindfulness helps develop – where we notice the difference between our *mental experiences* (the thoughts, images, sounds, and feelings of the flashback) and our *sensory experiences* (seeing and hearing the safe environment we are in). This usually halts traumatic flashbacks quite rapidly.

If you have risk factors for experiencing a flashback while meditating, we encourage you to always meditate in a safe place and review this guide before meditating. For more info on flashback risk factors, meditating safely, and a video guide to practicing this technique, visit: BoundlessLoveProject.org/advisory.

HOW DO I DO THE FLASHBACK-HALTING PROTOCOL?

Say the following sentences filling in the blanks by following the instructions in parenthesis:

- Right now I am feeling _____ , (*name the current emotion, usually fear*)
- and I am sensing in my body _____ , (*describe current bodily sensations in detail*)
- 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 _____ (*say the year*),
- here _____ , (*name the place where you are*)
- and I can see _____ , (*describe some of the things that you see right now, in this place*),
- and so I know _____ , (*name the trauma again*)
- is not happening now/anymore.

