Triggers: then and now

For one trigger, compare what is the same as then with what is different now.

Name _____ Date _____

When something sets off a trauma memory, your brain has spotted a similarity and sounded the alarm. This exercise trains it to notice the differences as well.

What happened just now? What set me off (a sight, sound, smell, feeling, place, date)?

What did it remind me of?

THEN	NOW
What was happening at the time of the trauma? Where was I, how old, who was there, what could I do?	Where am I today? How old am I? Who is here? What can I do now that I could not do then?

Everything that is different between then and now

What I can say to myself the next time this trigger comes up

How I felt before and after doing this

Tip: look around and name five things that prove it is now, not then. Today's date. Your phone. Your own hands.

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