

FLASHBACK PROTOCOL **

Flashback halting protocol reconciles experiencing self with observing self, (usually) quickly halting traumatic flashbacks.

Say the following sentences filling in the blanks, following the instructions:

- 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.”

Rothschild, B. (2000). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W.W. Norton.

** a really superior text to learn from

Mindfulness and Feelings

*You can achieve greater emotional intelligence and stability using the **RAIN** (Recognize, Accept, Investigate, Non-Identify) approach to your feelings.*

Recognize

- Acknowledge what is happening in the body and in the mind.
- What is going on here?
- In a compassionate, mindful way, notice what is going on when you feel this feeling.
- Experience and recognize the pure essence of the feeling.

Accept

- What is, is. Feel what you feel.
- The stream of feelings is always with us.
- This stream of feelings is ever changing and has pleasant, unpleasant, and neutral tones.
- Accept what you feel.

- Remember, what we resist, persists.

Investigate

- Look into the feeling closely. Study the feeling.
- Notice how it feels in the body.
- Does it have a sensation of movement, of temperature, of density, or of color?
- What is the energy of the feeling like?
- What stories go along with this feeling?
- Is there a particular time of day when this feeling surfaces?
- Does anything immediately precede the arrival of this feeling?
- How long does the feeling last? How do you feel after the feeling has passed?

Non-Identify

- Feelings are like weather patterns. They arise and pass. They are not you. They are not your identity. They do not define you.
- Recognize the universal nature of the feeling:
“Right now I am feeling this, and there are many other people just like me feeling this. Many who have come before me have felt this feeling and many who will come after me will feel this feeling. This is a human feeling.” “Breathing in, I am aware I feel Breathing out, I meet myself with compassion.”
As you get to know your feelings, you will develop a natural wisdom and insight into which feelings you need to let be, which require action, and which will cause more suffering if you act on them.