

Flashback Coping Worksheet

Use this worksheet when flashbacks feel overwhelming. Practice these four tools to help your mind and body return to safety.

1) Grounding – Reconnect to the Present	List 5 things you can see: _____ 4 things you can touch: _____ 3 things you can hear: _____ 2 things you can smell: _____ 1 thing you can taste: _____ My grounding objects/safe items: _____
2) Self-Talk – Speak Safety Into Your Mind	Write 2–3 calming phrases you can repeat: • _____ • _____ • _____
3) Separating Past from Present	Back then, I was _____. Now, I am _____. Then, I didn't have _____. Now, I have _____.
4) Internal Communication – Listening Gently	What part of me is hurting right now? _____ What does this part need? _____ One compassionate response I can give myself: _____

Reminder: Flashbacks are temporary. You are safe now. If you ever feel unable to keep yourself safe, call 988 (U.S.) or your local emergency number.