

## FLASHBACK PROCESSING WORKSHEET

Trigger:

Immediate response – Emotion:

Message:

Short-term consequences – Emotion:

Physical Manifestations:

Challenge – old message:

How is this message based on fact?

What facts refute this message?

What facts, if any, support it?

Results – What is the worst that could happen?

What favorable things, if any, might happen?

New programming – challenge the lies:

What alternative thought could I try to replace the old message with?

How might I defuse my negative emotions?

What things can I do to replace them with positive emotions?