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?