INTERRUPTING TRAUMATIC REACTIONS

Purpose: To interrupt traumatic reactions and emotional flooding that can occur when connecting with a traumatic memory; or when re-triggered by a traumatic event.

Use when:

- Feeling emotionally overwhelmed or 'flooded'
- Having obsessive thoughts or memories

Common experiences:

- Disconnects from the memory or trauma
- Feeling more present in the Here and Now

Steps:

1. **DISTRACTING:** Do complicated math in your head, voicing the process out loud.

    - This distracts attention from traumatic event and engages the left hemisphere, drawing attention away from emotionally reactive memories (in the right hemisphere).

2. **GETTING HERE AND NOW:** Look around and name what you see, hear, and smell. (Do this only in a safe environment!)

    - This brings the attention back to the Here and Now and away from traumatic or stressful memories.

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