

Flashbacks

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Symptoms of PTSD | Mind, the mental health charity - help ...

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Coping With Flashbacks and Dissociation in PTSD

A flashback is part of the brain's way of working to process the trauma so that the experience can be filed away as a past memory (rather than a current threat). This will enable your healing. We can help this process by allowing the flashbacks to happen, rather than fighting or avoiding them.

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Flashbacks are an involuntary recall of past traumatic events. They may be experienced as pictures, sounds, smells, feelings, or the lack of them (emotional numbness). You may feel panicky, or trapped. You may feel powerless without knowing why.

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Managing flashbacks | Carolyn Spring

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