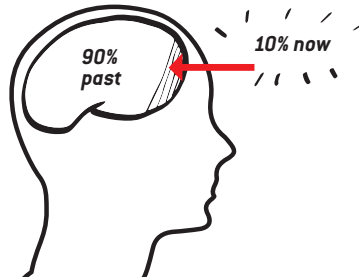


MODEL THE 90/10 RESPONSE: THE BRAIN READS THE WORLD AS IF IT IS STILL DANGEROUS



Does it feel as if your brain is reacting as if you are back in the traumatic situation?

Can you feel the difference between then and now? Does it feel totally like you are in the past, or there are parts of your brain that know that you are not back there?

Draw what and how much the past, relative to the present, fills your brain when you are under stress.



How can you teach your brain that the past is the past and the present is the present?

EXERCISES