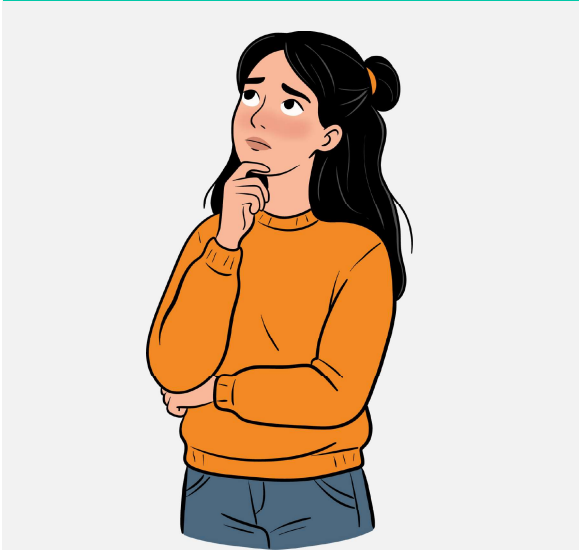
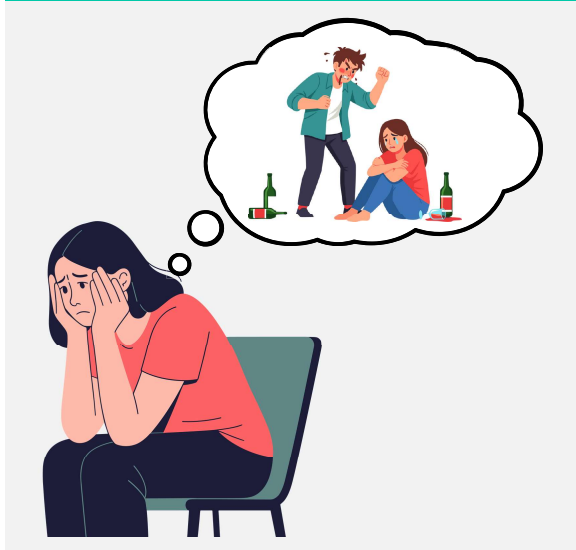


# Flashbacks and Intrusive Thoughts

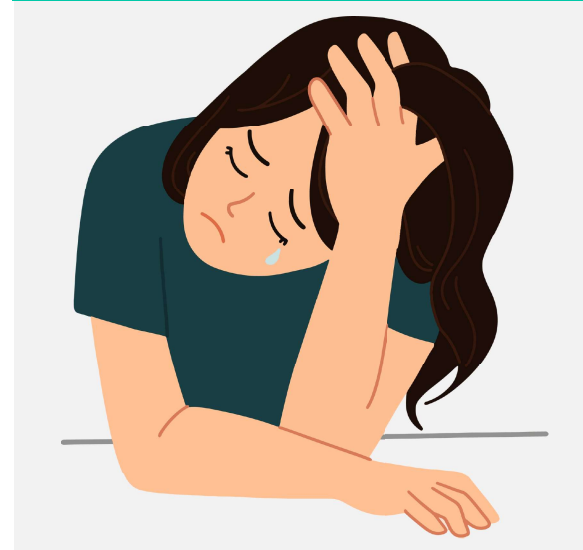
If something bad happened, I might spend a lot of time thinking about it.



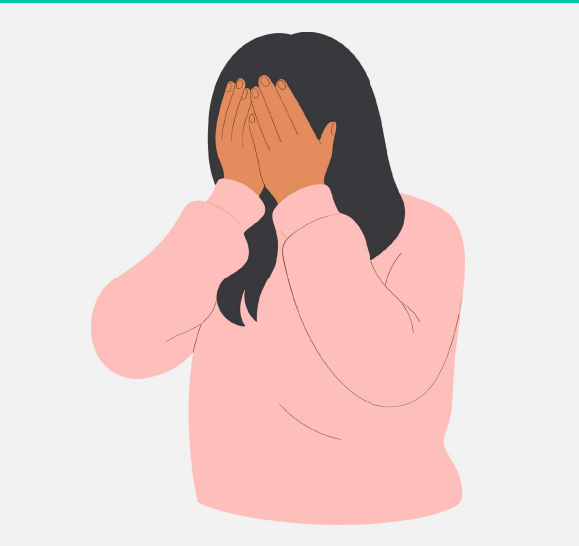
I might remember things even when I try to forget.



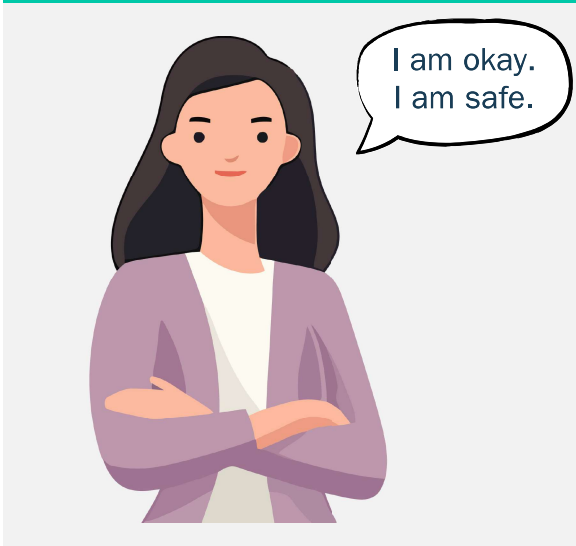
Sometimes I might feel like it is happening all over again.



It is very scary when these things happen.



I should try to practice telling myself that I am safe now.



I should also try to practice ways to stay calm.



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