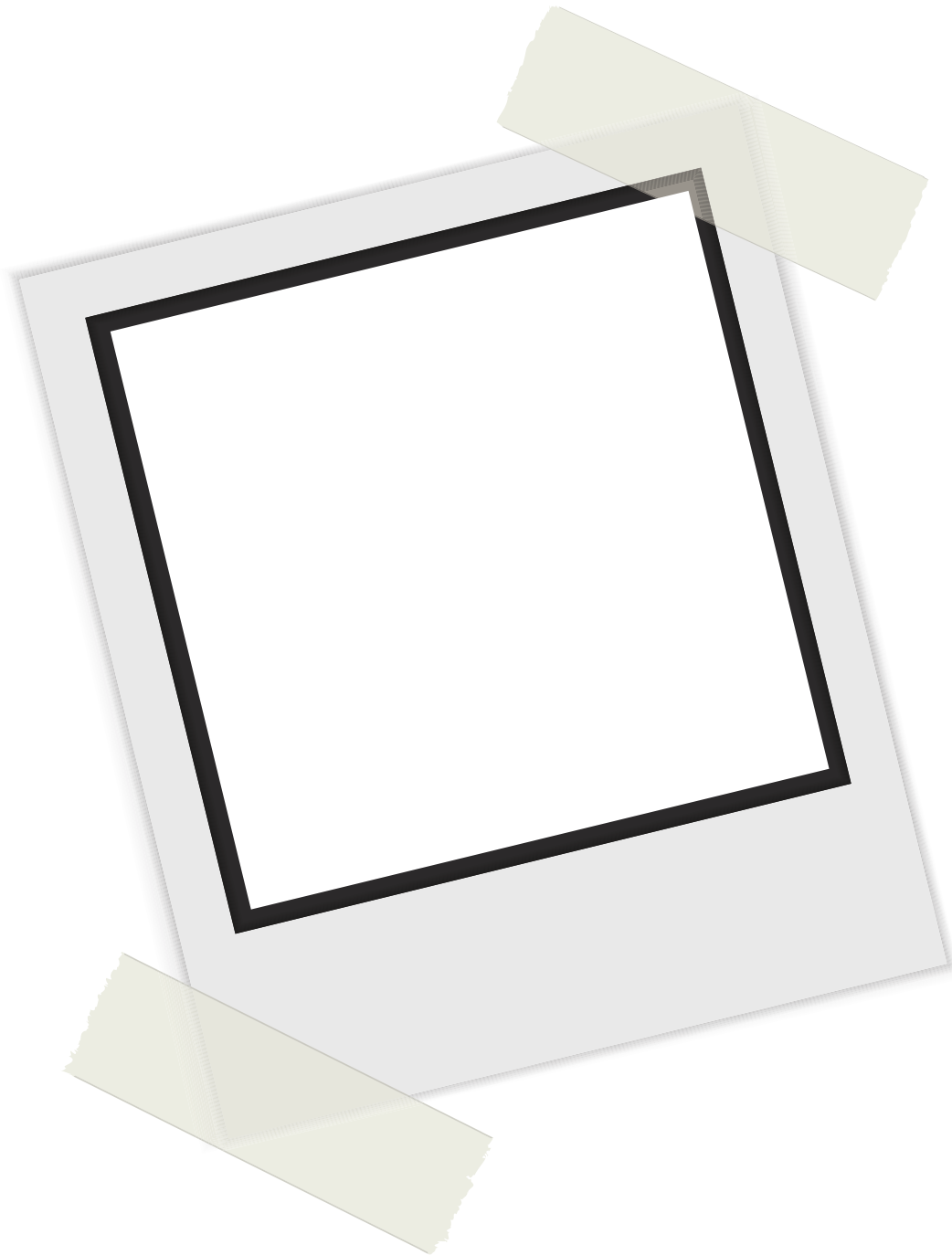


A Snapshot Memory of Trauma

URBAN INSTITUTE
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When we experience trauma, it hits us emotionally, physically, and psychologically. At the exact time that the incident occurs and the brain notices the significant change inside of us, the brain pays attention to whoever and/or whatever is causing the change outside of us and it takes a snapshot of the outer experience (Dispenza, 2017). From the snapshot, a memory is created. Write and draw every detail (biggest to smallest) that is in your snapshot picture.



Emotions I Feel When I See My Picture

Thoughts I Think When I See My Picture

Counter Thoughts to Replace My Negative Thoughts