

discriminating "now" from "then"

This discrimination method can help with both PTSD and other disorders where there are problems with unwanted triggering of intrusive memories. Usually the similarities between "now" and "then" are sensory features that are in fact harmless and coincidental. However the differences are typically between key aspects of safety and danger. Noting and focusing on the differences helps settle associated emotions. It can be very helpful to look for situations that trigger intrusions and then carefully note the similarities & the differences between "now" & "then". This helps progressively reduce triggering of intrusive memories.

	<i>now</i>	<i>then</i>
<i>similarities</i>		
<i>differences</i>		

