

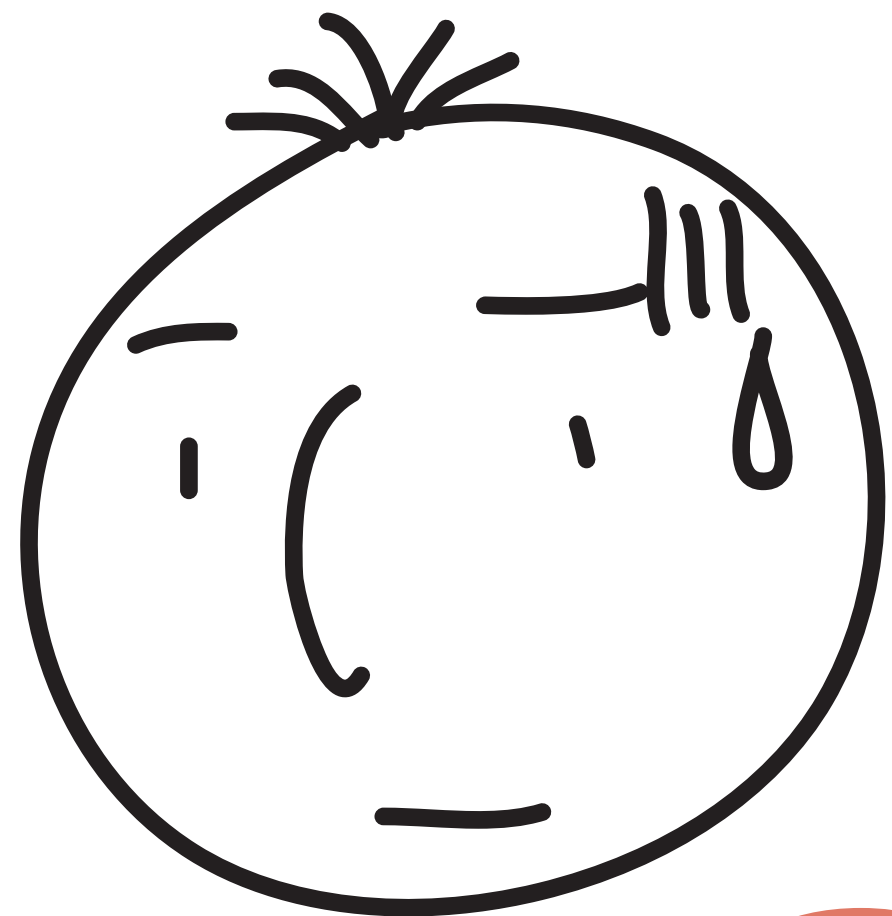
Dual awareness

Dual awareness is the process of being able to pay attention to multiple experiences simultaneously. It can be used as a tool to cope with flashbacks of traumatic events and essentially involves developing an 'observing self' in instances where you're experiencing flashbacks.

This skill can initially be practiced and developed while thinking of mildly distressing events. Have a look below for a step-by-step of how you can do this.

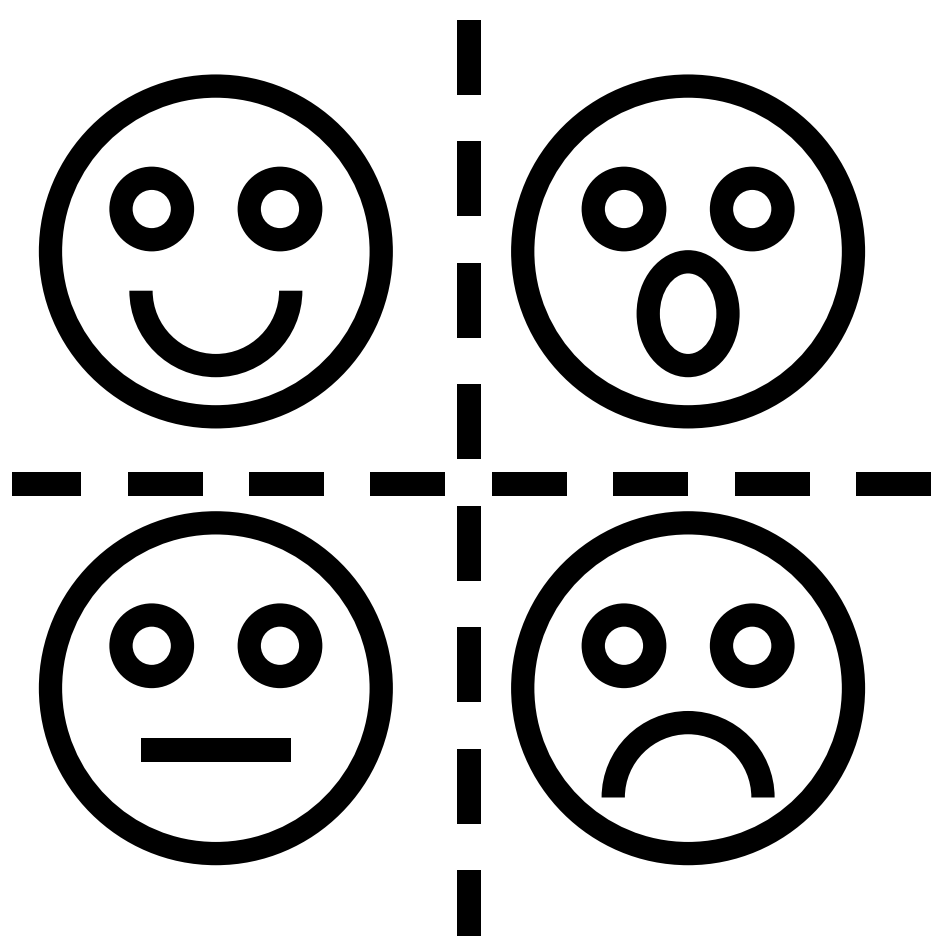
1

Take a moment and think back to a time when you experienced a mildly distressing event. Perhaps a time when you were slightly embarrassed or anxious.



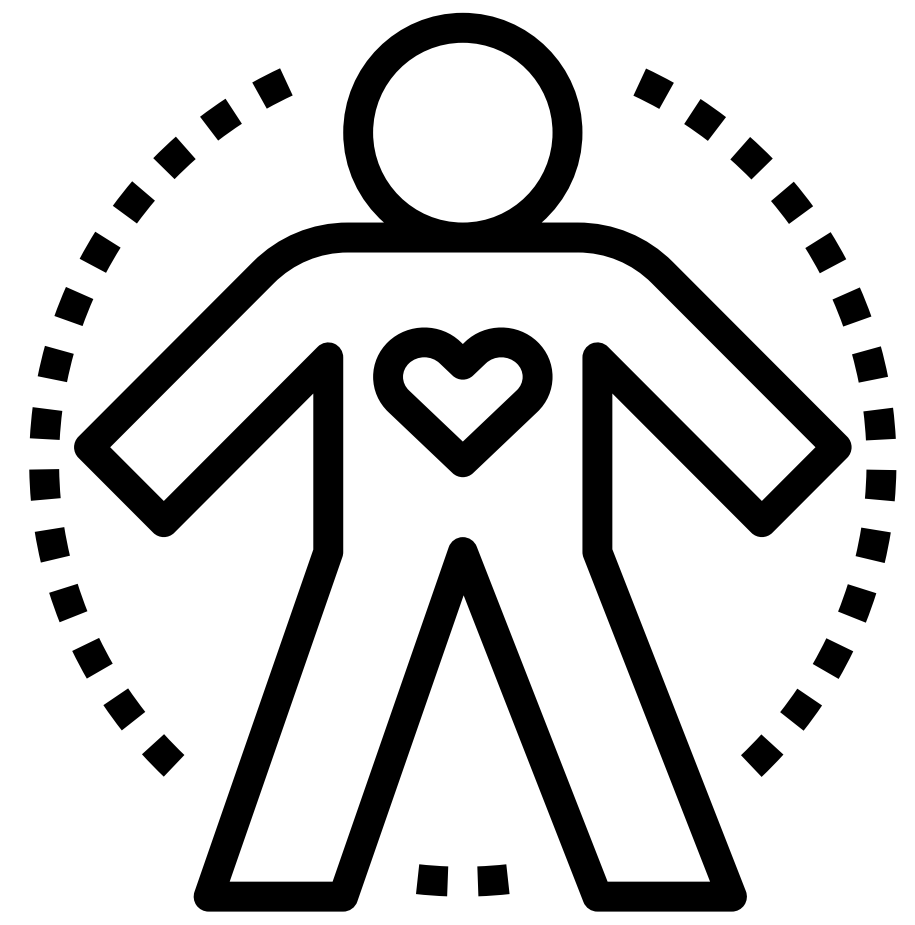
2

Notice what you are feeling, name the feeling 'right now I am feeling...!' (e.g. anxiety, fear, frustration, anger)



3

Pay attention to what sensations you feel in your body. 'Right now I am sensing....' (e.g. tightness in the chest, racing heart beat, sweaty palms, nausea)

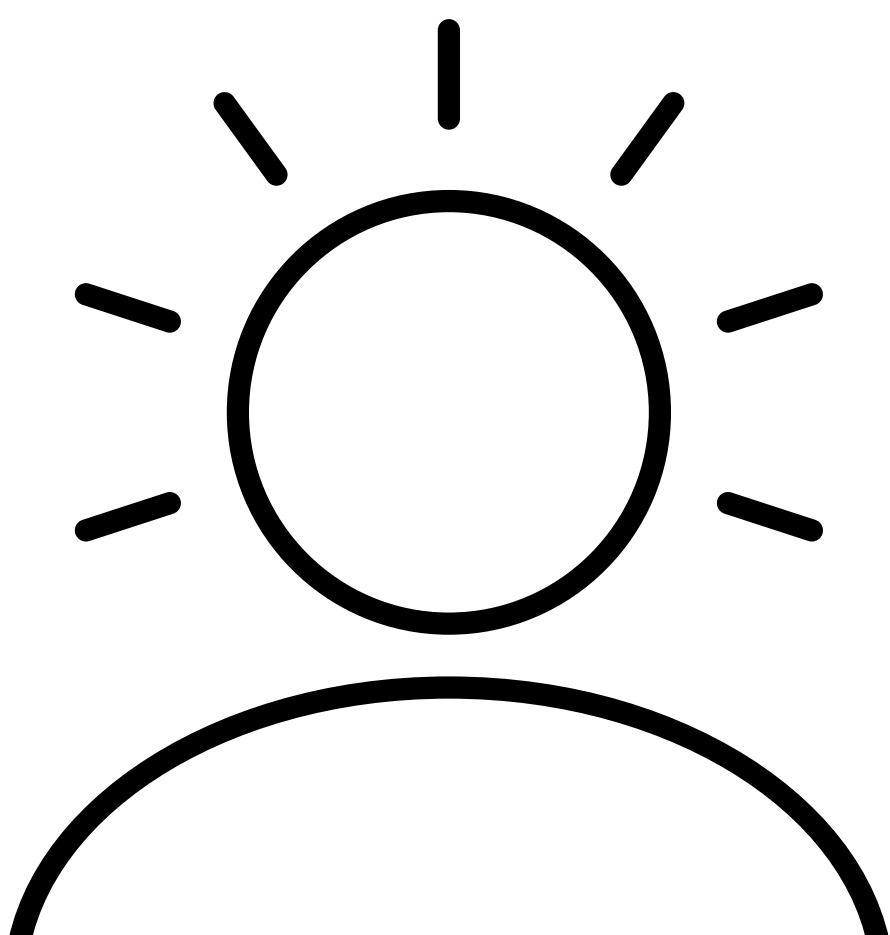


4

Bring your awareness back to where you are now. Re-orientate yourself in the present moment. You can do this by going over the day of the week/name/date of birthday.

5

Use your senses to be as present as possible in the current moment. 'Right now I can see, hear, feel...', try to name a couple of things for each sense.



6

Try to keep awareness of where you are physically while also remembering the event. End the exercise by bringing your awareness back to your current space.