Icarus Wellness and Recovery
Boise, Idaho

Emotional Flashback Observation Sheet

Once the intensity has eased, jot down what you noticed in the present. Skip any prompt you prefer to leave blank. Set the sheet aside if writing increases distress.

Date or approximate time (optional) _____

What was happening?
Where was I, and what was happening just beforehand?

What did I notice first?
Note any feelings or physical sensations you remember.

How aware of the present did I feel?
Did I know where I was? Did it feel hard to stay connected?

What did I need in that moment?
For example, space, a quieter place or someone nearby.

What happened next?
What helped? How did the experience affect the rest of my day?

What would I like to ask a clinician?
Write one question about what you would like to understand or manage.

Bring the notes you want to share to an appointment. You can focus on what you noticed without writing a detailed account of the traumatic event.