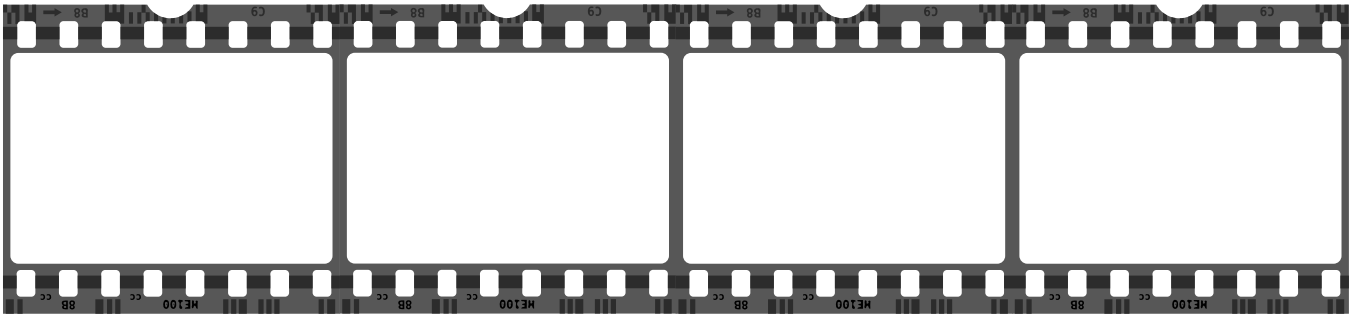


## PTSD Film Projection Metaphor

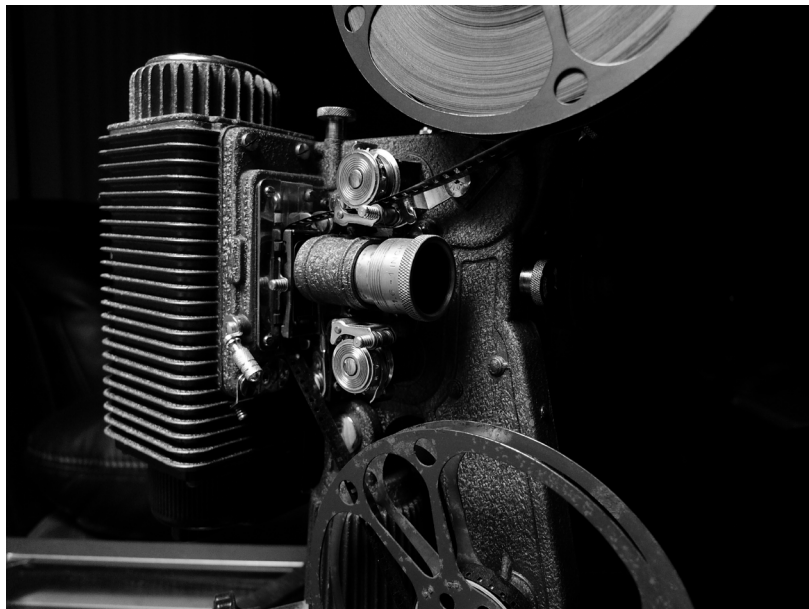
Memories are like films that play in our minds.

With normal memories we can choose which films we play. We have control over the films we watch, and when they start and stop.

When we have survived traumatic events there may be some films we try to avoid watching. When we watch these films it can be very upsetting.



Having PTSD is like having a rogue projectionist in charge of the projection room. They choose which films we watch, and when we watch them. It can feel upsetting not to be in control of what we experience. It is typical to try even harder to push certain memories away.



Treatment for PTSD involves taking back control of the projection room. It will involve watching the traumatic films again - but in a safe way at your own pace, instead of being at the control of the projectionist.