# APPENDIX D: NIGHTMARE PROTOCOL

Nightmares can be a common problem for people who have experienced traumatic events. They can feel like they are a re-experiencing of the actual events and are very distressing. The following is a protocol that can help you manage nightmares both before they happen and afterwards. Read this protocol through before going to sleep and keep a copy of it handy and read it and follow it after you wake up from a nightmare.

* Today I have been feeling really scared of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* So, I might have a nightmare and wake up feeling \_\_\_\_\_\_\_\_\_\_. (e.g. scared, sick, angry, sad, etc.)
* If that happens, I will tell myself that I had the nightmare because I am remembering \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (e.g. “the bad thing that happened,” “the bad person,” “all that awful stuff,” etc).
* I will then turn on the light and look around my room and name 5 things that I see in the room.
* And I will then tell myself that I just had a nightmare and that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not happening to me now or any more.
* If necessary, I will get up from bed and do something for 10 minutes or more (e.g. have a glass of water, look at, name and touch 5 objects, listen to some calming music, talk to somebody) that will help remind me where and when I am and that what I am remembering is not happening right now.
* When I am sufficiently calm I will return to bed.
* I will repeat this protocol every time I have a nightmare.