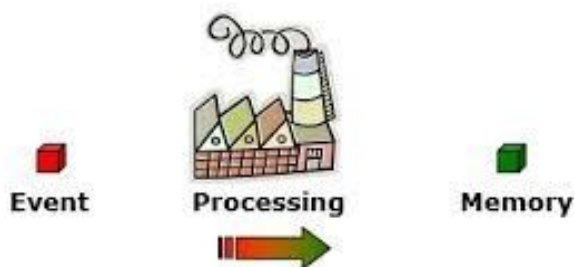


Worksheet on PTSD?

Processing Factory is a metaphor used to refer to the human mind. Like a factory works and processes, always our mind also works and keeps processing our life events; all the processed events become a part of our memory.



However, there are certain times when these or events don't become a part of our memory which is because these are so disturbing and distressing that the mind stops its processing.



Since these events don't get processed, they become a part of the present, and when something doesn't become a part of history, it is very much the current problem; hence it keeps coming back to us in the form of flashbacks, images, and painful events. It is essential to press the stop button and try to walk away or avoid the situations that cause us distress. Hence to avoid such circumstances from keep happening, it is vital to deal with and address the