

# Flashbacks

Jan 25, 2026 · Flashbacks and dissociation may occur in people who have post-traumatic stress disorder (PTSD). Learn what flashbacks are like and how to cope. A flashback, or involuntary recurrent memory, is a psychological phenomenon in which an individual has a sudden, usually powerful, re-experiencing of a past experience, or elements of a past experience. ... In this article, we're going deep into understanding flashbacks—why they happen, how they work, and what you can do about them. Whether you're dealing with trauma yourself or trying to support someone ... Sep 16, 2021 · Flashbacks happen when vivid memories of a traumatic experience intrude into the present. They can create a sense of disconnection from your current surroundings. You may feel as if you're ... Mar 19, 2026 · What are trauma-related emotional flashbacks? Learn the signs, triggers, and treatment options for emotional flashbacks in adults and discover ways to cope. 5 days ago · Posttraumatic stress disorder flashbacks are like a memory, or part of a memory, that feels like it's happening right now. So if you have experienced trauma and have PTSD, you may have times ... Aug 29, 2023 · Read on to learn more about flashbacks, including the causes, what flashbacks feel like, what to do during a flashback, and whether they go away. Jun 2, 2025 · Flashbacks are intense memories accompanied by images and emotions that make you feel like you're re-experiencing a traumatic event. They are common symptoms of PTSD and other trauma ... One common symptom of both PTSD and C-PTSD is flashbacks, which are involuntary, intense and often distressing memories of the traumatic event that can be triggered by certain stimuli. PTSD flashbacks ... Apr 22, 2024 · PTSD flashbacks are vivid and intrusive recollections of a traumatic event. Individuals with post-traumatic stress disorder (PTSD) may feel as though they are reliving the trauma, complete with ...

**Flashback (psychology) - Wikipedia**

*Understanding PTSD Flashbacks and Triggers - PTSD UK*

**What are flashbacks? Symptoms, causes, and coping - Medical News Today**

**Understanding Flashbacks: Why Trauma Resurfaces - Mindnix**

**Flashbacks: All About This Symptom of Trauma and PTSD**

[PTSD Flashbacks: What They Look Like & How to Cope](#)

*What Is a PTSD Flashback Like? - HealthyPlace*  
*Trauma-Related Emotional Flashbacks In Adults: How To Stop The Cycle*

[Flashbacks and Dissociation in PTSD: How to Cope - Verywell Mind](#)

**How to Cope with Flashbacks - Psych Central**

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