

# Nightmare Exposure and Rescripting

Identify the worst moment of your nightmare

Where are you? What are you aware of? What is happening?

What emotions are you feeling at that worst moment?

Identify your emotions and what you feel in your body. Either during the nightmare or on waking

What would you *prefer* to feel in that moment?

How would the story need to change for you to feel that way?

It's your story, you're only limited by your imagination. The more creative, imaginative, or funny, the changes that you make, the better - anything that makes your new story stand out will make it more memorable