

## Stimulus discrimination



PROGRESS  
PSYCHOTHERAPY

When we haven't processed an event we can experience thoughts, feelings and anxiety from it being stuck in the brains emotional processing parts. So a sensation can feel relevant to now but actually be an unprocessed emotional memory.

<b>Situation / trigger</b>	<b>The event it felt similar to</b>
<b>What happened when I remembered it (emotions, physical sensations, anxiety, etc).</b>	
<b>Actual similarities between situations</b>	<b>Actual differences between situations</b>
<b>Conclusion</b>	