Index

alcohol 106–8
anger 49–52, 56–8
antidepressants 114
balanced diet 60
beat the “if only ...” monster, see “if only ...” monster
black humour, see “degrimming”
breathing 4–6, 54, 68, 81
buddy aid v, xxiv, xxviii, 49
caffeine 77
changing the mind-set 39–41
chocolate 77
civvy 35
combat operational stress reaction (COSR) v, xvi, 26, 71, 112, 139, 140, 141, 143
counting backwards 79
curtains 75
“degrimming” 36–37, 61
depression label, see also lows, the 59–68, 113–4, 142
diaphragm 5, 54
diet, balanced, see balanced diet
disagreements
disclosing 131–2, 142
Dolan, Yvonne 44, 66, 88, 133
dreams/dreaming 71, 98
drugs 106–8, 139–40
dual awareness 12
dvd, fast forwarding the, see fast forwarding the dvd
dvd, replaying the 17, 142
eye movement desensitisation and reprocessing (EMDR) xvii, xix, 26–8
fast forwarding the dvd 46–8, 91–3, 93
feelings tank, see solution focused feelings tank
five o’clock rule 129, 142
flashbacks 1, 2, 4, 9–28
forgiveness 83–4
Gardner, Frank 100–1
god, see also higher power 40, 110
guided fantasy 82
guilt 30, 31, 33, 39, 56, 132
Headley Court 101
headphones 80
healthy diet, see diet, balanced
Help for Heroes 102
helpful questions 125–6
higher power, see also God 110–1
humour, see “degrimming”
“if only ... monster” 41–3
intimacy 109
larks 77
lavender oil 74
“let it go” 46, 53
letter from the future 37–9
living life to the full 87–114, 137, 142
lows, the 59–68, 142
mattress 75
meaning and purpose in life 104–6, 142
mental attitude, see mind-set, changing the
mind-set, changing the 39–41, 52–3
mindfulness 6
neurolinguistic programming (NLP) 23
news, late 74
Owls 77
Packer, Phil 101–2
paper strips method 18–22
“park it and move on” 44–6, 142
physical fitness/exercise 51–2, 62, 73
pillows 79
prayer 83, 111
preparing for bed 69–78
psychobabble xxiii
PTSD label xvi, 112–3, 137, 139
qualities, see strengths, qualities, skills, resources
quilts 75, 84
rainy day letter 66–7
reconnection 119, 110, 110–11
replaying the dvd, see dvd, replaying the
resources, see strengths, qualities, skills, resources
retraumatisation 129–30
reverse psychology 78–8
reversing technique, see shrinking
revictimisation 129–30
rewind technique xxii, 23–4
scaling 93
self-confidence 62–3
self-esteem 62–3
self-help v
sheep 78
shrinking 10, 142
skills, see strengths, qualities, skills, resources
sleep 65, 69–86
sleep disturbance 69–86
small steps 39, 96, 113, 137
solution focused brief therapy xx, 115–124,
143
solution focused feelings tank 56–8
“stop!” technique 15–20
strengths, qualities, skills, resources 90, 91
supporters, see encouragers
survivor 134, 142
thriver 135, 142
triggers 1–8
tunnel 84
unwelcome thoughts 52–3
victim 133–4, 142
visualisation 53–6, 81
Weston, Simon 99–100
“what works” xxvi, xxvii
wise geek 54
workshops 141–3
worries, see worry
worry 76, 80, 82
write, read and burn 44