

Fragmented memories dysregulate the nervous system.

WHAT ARE THEY?

E.g. Intrusive
images, big
emotions, and
physical reactions

They are held in the
body creating tension,
tightness, tears, or
contraction.

Fragments
lack a
story and
context.

It feels like
a rush of
sensation,
and not a
memory.

Sensory fragments
can be smells,
sounds, tastes, and
images.

Fragmented
memories are
unique to each
person



Fragmented
memories need to
have a voice.

Fragmented
memories can be felt
in the body.

