As part of their daily occupational routine, active duty first responders in Israel attend to various emergency incidents. Thus they are repeatedly exposed to traumatic events and are in a potential risk to develop post-traumatic stress disorder (PTSD). However, while several studies on first responders found a positive correlation between traumatic exposure and post-traumatic stress symptoms, other studies failed to find such direct effects. These findings suggest that although traumatic exposure might have some role in the risk of developing PTSD there are other factors which moderate its effect. A possible moderator between traumatic exposure and PTSD symptoms relates to cognitive and emotion regulatory flexibility. In my talk I will present a series of behavioral and neuroimaging studies, which show that people with PTSD have impaired cognitive and emotion regulatory flexibility. Specifically, they experience a deficit in their ability to appropriately update and modify cognitive responses and emotional strategies according to situational and contextual demands. Moreover, I will show that there is an association between these contextual deficits and levels of PTSD symptoms in non-PTSD first responders. Finally, I will present preliminary results suggesting that these deficits may serve as pre-existing risk factors for PTSD.