

Dissociation:

Strange feelings and experiences

Sometimes, people have strange feelings and experiences – like feeling that they are ‘spaced out’, numb, unreal, disconnected, or ‘trapped in a bubble’. These experiences are sometimes called ‘dissociation’ or ‘depersonalisation’.

Here are some other experiences of dissociation:

“I feel like I am in a parallel world”

“I do not seem to feel anything at all”

“My mind just goes empty”

“I have big gaps in my memory for recent things in my life”

“I can get so involved in fantasies or daydreaming that it seems to be really happening, and I lose touch with what is happening in the real world at that moment”

“I can remember something that happened before so vividly that it’s like a video playing in my head”

“I feel as if I don’t exist and am not real”

“I ‘zone out’ and don’t see or hear what’s going on around me”

For more info: <https://doi.org/10.1371/journal.pone.0229091>

The specific dissociative feelings that I experience are:

Dissociative experiences can be frightening, upsetting, or worrying – but they are also very common.

Whilst the exact causes can vary, dissociation has been linked to negative past experiences, stress, fatigue, and anxiety.

Mine are most often linked to:

Other things it might be helpful to know about my dissociation: