

# Do You Sometimes Feel Detached from Yourself?

## Objective

To identify ways to cope with depersonalization.

## What to Know

Depersonalization makes you feel as if you aren't real. You feel detached from your own body, thoughts, or feelings. Other symptoms include feeling like:

- you're outside your body
- a robot
- you're looking down on yourself from above
- you have no actual self
- you're numb or your senses are turned off
- you can't control what you do or say
- parts of your body are the wrong size
- you can't attach emotion to memories, or you forget parts of your past
- you're going crazy

Depersonalization is often caused by traumatic or stressful events. Sometimes, it's caused by a bad experience with marijuana or other substances. Anxiety or depression often occurs alongside depersonalization, which can make your experience even more intense. This can be scary or confusing, but you can manage it.

Here's what you can do to cope when you experience depersonalization.

- remind yourself you're OK and you're safe
- acknowledge and name your feelings
- take deep belly breaths
- use a meditation app to calm yourself
- look in the mirror and talk out loud to yourself
- listen to music
- challenge intrusive thoughts by writing in a journal
- reach out to loved ones and your therapist or counselor
- make a list of self-care tools you can use (for example, getting enough sleep and exercise)

## What to Do

First, answer the following questions.

How often do you experience depersonalization? \_\_\_\_\_

Have you talked to anyone about this? Why or why not? \_\_\_\_\_

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Refer to the list of things you can do to cope with depersonalization. For example, if you choose to listen to music, you might make a playlist of your favorite songs on your phone. When symptoms arise, pop in your earbuds, press play, and let the music soothe you.

Over the next month, use the following chart to record what happens when you experience depersonalization. Write down the date, your thoughts and feelings, the coping method you use, and how you felt afterward.

Date	Thoughts and feelings	Coping method	How you felt after

Date	Thoughts and feelings	Coping method	How you felt after

Did this activity help you cope with depersonalization? Why or why not?

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Did anything surprise you when you used coping strategies to manage depersonalization? Explain.

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What did you like most about this activity? Least?

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What one method helped you experience yourself as “real.”

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### **Reflections on This Exercise**

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn in this exercise that was helpful?

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