CLÍNICA VIVALDI · FREE SHEET · DISSOCIATIVE

Dissociative amnesia

Inability to recall important personal information, usually related to a traumatic or stressful event, not explained by normal forgetting.

COMMON SIGNS

- Forgetting important periods or events
- Linked to traumatic experiences
- Distress about the gaps

TIPS FOR YOU

1. Rule out medical causes
2. Trauma-focused therapy
3. Don't force the memory

FOR FAMILY AND FRIENDS

1. Don't make them remember
2. Go with them to a medical check-up to rule out physical causes

WHEN TO ASK FOR HELP

1. If they turn up somewhere without knowing how: emergency services
2. If the person is at risk

TO OBSERVE AND NOTE DOWN

☐ I can't remember important periods of my life

☐ The gaps are related to something painful

☐ I find it hard to remember personal information

☐ I've been told about things I did that I don't remember

☐ Sometimes I find myself somewhere without knowing how I got there

☐ The gaps aren't explained by alcohol or drugs

☐ These gaps worry me

☐ I struggle to get through the day

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/amnesia-disociativa
- Free guide: Trauma and post-traumatic stress: clinicavivaldi.com/en/guia-trauma
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112