CLÍNICA VIVALDI · FREE SHEET · DISSOCIATIVE

Depersonalisation/derealisation disorder

Persistent feeling of being out of one's own body or that the environment is unreal, as in a dream, maintaining awareness that it is not.

COMMON SIGNS

- Feeling like an observer of oneself
- The world seems unreal or distant
- Sense of reality is kept

TIPS FOR YOU

1. Sensory grounding techniques
2. Reduce anxiety and stress
3. See a psychologist

FOR FAMILY AND FRIENDS

1. Reassure them: it is an anxiety reaction, not madness
2. Help with grounding techniques (naming what they see, touching objects)

WHEN TO ASK FOR HELP

1. If it is persistent or very intense
2. If you use cannabis or other substances

TO OBSERVE AND NOTE DOWN

☐ I feel as if I'm watching myself from outside
☐ I feel my emotions are switched off
☐ The world seems unreal or dreamlike to me
☐ Things seem distant or blurry
☐ I know it's a feeling, but it scares me
☐ It happens to me for hours or days
☐ It happens more when I'm stressed
☐ It makes it hard for me to live normally

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-despersonalizacion-desrealizacion
- Free guide: Anxiety: clinicavivaldi.com/en/guia-ansiedad
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112