



THOUGHTS & MIND

Dissociation What It Can Feel Like



Dissociation is your mind or body's way of coping with stress, overwhelm or trauma. It's not a choice – it's a protective response.

It can help you get through something too much to handle in the moment.



What is dissociation?

It's a **disconnect** from yourself, your thoughts, your body or the world around you. It can be temporary and can affect people in different ways.

Common experiences



Feeling numb or emotionally "checked out"



Feeling detached from your body or surroundings



Losing track of time or what's happening



Feeling like you're not real or the world isn't real



Vision changes or feeling spaced out



Difficulty concentrating or remembering things



Going quiet, shutting down or feeling far away

It can affect different areas



Self

Feeling disconnected from your identity or sense of self.



Body

Feeling disconnected from body sensations or movement.



Surroundings

Feeling detached from people, places or the world around you.



Mind

Feeling foggy, confused or unable to think clearly.

What can help?



Ground in your body

Feel your feet on the floor. Notice 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.



Use your senses

Focus on textures, sounds, scents or colours around you.



Move gently

Stretch, shake out your hands or walk slowly to reconnect.



Breathe slowly

Try box breathing: Inhale for 4, hold for 4, exhale for 4, hold for 4.



Reach out

Talk to someone you trust. You don't have to explain – just being heard helps.

Things to remember



- ✓ Dissociation is a coping mechanism, not a weakness.
- ✓ It is not your fault.
- ✓ It can happen to anyone.
- ✓ You are safe now.
- ✓ You can learn tools to feel more connected.

“ Real voices ♥

"For years I felt like I was watching my life from the outside. It scared me and made me feel alone. Learning that it was dissociation – my mind protecting me – was life changing. With the right support and grounding tools, I'm slowly coming back to myself, one moment at a time. I am real, I am here, and I am enough."



"Dissociation used to frighten me. Now I understand it, and I have tools that help me come back to the present."

– Anonymous



You are safe. You are real. You are not alone. **Take it one breath at a time.**

