

Managing Derealization

Name:

Date:

- 1. Grounding Techniques:** These techniques can help you stay connected with the present. Some examples are:
 - Holding onto an object and focusing on its temperature, texture, and other physical qualities.
 - Counting items in your surroundings or naming objects out loud.
 - Keeping a small object, like a stone or piece of fabric, in your pocket that you can touch whenever you start to feel derealized.
- 2. Stay Connected:** Talk about your feelings with someone you trust. Sometimes just sharing can alleviate the sensation.
- 3. Mindfulness and Meditation:** These practices can help bring you back to the present moment. Focus on your breathing, the sensations in your body, or the sounds around you.
- 4. Limit Stimulants:** Reduce the intake of caffeine, nicotine, and certain medications which can increase feelings of derealization.
- 5. Healthy Lifestyle Choices:** Eating balanced meals, getting plenty of sleep, and engaging in physical activity can help reduce the occurrence of derealization episodes.
- 6. Seek Professional Help:** If your symptoms persist or are causing distress, consider seeing a therapist who is familiar with dissociative disorders.

Reflection

1. What triggers or exacerbates your derealization episodes? Are there specific places, people, or situations?
2. Which of the management tips mentioned above have you tried? What were the results?
3. What coping mechanisms have you developed on your own that help you during a derealization episode?
4. How does derealization affect your daily life, relationships, and your ability to perform tasks?
5. Write down any other thoughts or reflections on your experience with derealization.

Goal Setting

What steps will you take to better manage or reduce your derealization symptoms?

1.

2.

3.

Remember, it's okay to seek help. Everyone's experience with derealization is unique, and you're not alone in this journey. Don't hesitate to consult a professional if you feel it might be beneficial.

Source: The PTSD Workbook" by Tijana Mandic, Ph.D