

Reality Check Depersonalization Worksheet

Name:

Date:

Instructions: Use this worksheet to help you ground yourself and regain a sense of reality when experiencing depersonalization or detachment. Fill out the sections below by answering the questions or completing the activities.

Take your time and be as thorough as possible. Remember, this worksheet is meant to support your self-reflection and awareness.

Self-reflection

Rate your current level of depersonalization or detachment on a scale of 1-10 (1 being minimal and 10 being severe).

What are some common triggers or situations that tend to provoke depersonalization or detachment for you? List them below.

How does depersonalization or detachment affect your daily life, relationships, or overall well-being? Describe any specific challenges or difficulties you face.

Reality check

List five things you can see in your immediate surroundings.

Name four things you can hear right now.

Identify three objects you can touch or feel around you.

Describe two scents or smells you can detect in your environment.

Focus on your breathing for a few moments. Take five deep breaths, inhaling slowly through your nose and exhaling through your mouth. Pay attention to the sensation of your breath entering and leaving your body.

Coping strategies

Identify three healthy coping strategies that help you manage depersonalization or detachment effectively.

Reflect on a time when you successfully overcame depersonalization or detachment. What strategies did you use? How did you feel afterward?

Write down three positive affirmations or self-statements that can help you during challenging moments of depersonalization or detachment.

Additional notes