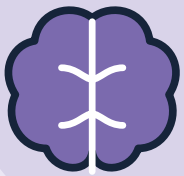
ADULTS & TEENS | EDUCATIONAL GUIDE

Understanding Dissociation



WHAT THIS IS

Dissociation is the mind's way of creating distance from overwhelming experiences. It can feel like spacing out, numbness, or being detached from yourself or surroundings.

HOW TO USE IT

1. Read the spectrum.
2. Notice what triggers it for you.
3. Practice gentle ways to come back.

EXAMPLE

"When I'm overwhelmed, I go blank. Naming objects in the room helps me come back."

A spectrum, from common to more intense

Daydreaming	Zoning out	Feeling numb	Feeling detached or unreal

What it can feel like

- Spacing out, going blank
- Feeling numb or far away
- Time passing strangely
- Feeling like things are not real
- Gaps in memory

Ways to come back gently

- Feel your feet and hands
- Name 5 things you see
- Hold something cold
- Say your name, date, and place
- Move slowly: stretch, walk

What tends to lead to it for me

_____

_____

_____

What helps me return

_____

_____

_____

When to seek help: If dissociation is frequent, long-lasting, or affects daily life or safety, talk with a trauma-informed professional.

Go at your own pace. Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.