



A QUICK AND  
SIMPLE GUIDE  
TO DISSOCIATION  
(DEPERSONALISATION &  
DEREALISATION).

FROM KINERGY.



## **What are Depersonalisation and Derealisation?**

Depersonalisation is the experience of feeling as though one isn't real, as if you're detached from your emotions. It's sometimes described as a numbness, or as if you're only observing yourself from the outside. This is the 'out-of-body' experience. Some people describe the experience as if they are watching a movie.

Derealisation is very similar, but you may feel as though the world or people around you aren't real, or you may also experience visual distortions like the size and shape of objects moving.

### **Further reading**

If you experience symptoms of dissociation, you might also want to read our guides on breathing techniques, distraction and grounding techniques, and meditation and mindfulness. You may also want to read our guides on PTSD, Complex-PTSD, and Borderline Personality Disorder.