A PAUSE, A PRACTICE, A NEXT STEP

Dissociation

Find gentle ways to orient to the present.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Safety comes first

New or sudden confusion can be a medical emergency. Do not assume it is dissociation. Seek urgent medical care, particularly with a head injury, fainting, weakness, or trouble speaking.

Check immediate safety

If you feel disconnected, pause driving, cooking, or other tasks that require full attention. Move to a safer setting if you can do so safely.

01 / Notice and reflect

What did I notice before feeling disconnected?

02 / Notice and reflect

What external detail helps me orient?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek clinical assessment for repeated disconnection or memory gaps. Sudden confusion, loss of consciousness, new neurological symptoms, or symptoms after a head injury need urgent medical evaluation.

Read more: American Psychiatric Association · Dissociative disorders

More tools and immediate support: Our Healing Room / Crisis Support.