

Factsheet

I HAVE THE IMPRESSION OF UNREALITY



Testimonials

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What's happening around me seems unreal as if I'm in a dream or in a film or playing a role.

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I'm on automatic pilot, I start to do things that I haven't decided to do.

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I feel strange, detached, like an observer, even of the people I care for.

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We talk about derealization when we experience unreality, as if what surrounds us is no longer familiar, as if we're a spectator of an environment that's become foreign. It can go so far as to feel cut off from the world, from others, and that the distances or sizes of objects have changed. Trust in others can change and lead to a form of detachment. Feeling out of step with others is frequent but often temporary.

It takes time to meet, go back to life after trauma to recover.

These signs of dissociation don't require medication; grounding techniques can help.