

Factsheet

I DON'T FEEL MYSELF



Testimonials

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I'm like a foreigner or from a different planet.

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I'm as an observer of myself.

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I have the impression of being outside my body, in robot mode.

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We talk about **depersonalization** when you have the impression of observing yourself, of being cut off from your thoughts, on automatic pilot, as if you're there without being there 100 %. Some people have the impression of being an outside observer of their own body.