

## Factsheet

# I FEEL NUMB, EMPTY



## Testimonials

“

I don't feel any emotion,  
even when I laugh or cry.

”

“

I feel indifferent, I have no interest in  
what I used to enjoy.

”

“

I have no interest in other people, I don't  
even feel anything for my loved ones.

”

**Emotional anesthesia:** the feeling of being emotionally numb is also a form of dissociation. You can have the impression of being in « robot » mode, without feeling anything on an emotional level either for oneself or for others. When you eat, you no longer enjoy the flavour of the food, it's as if everything's just happening automatically.