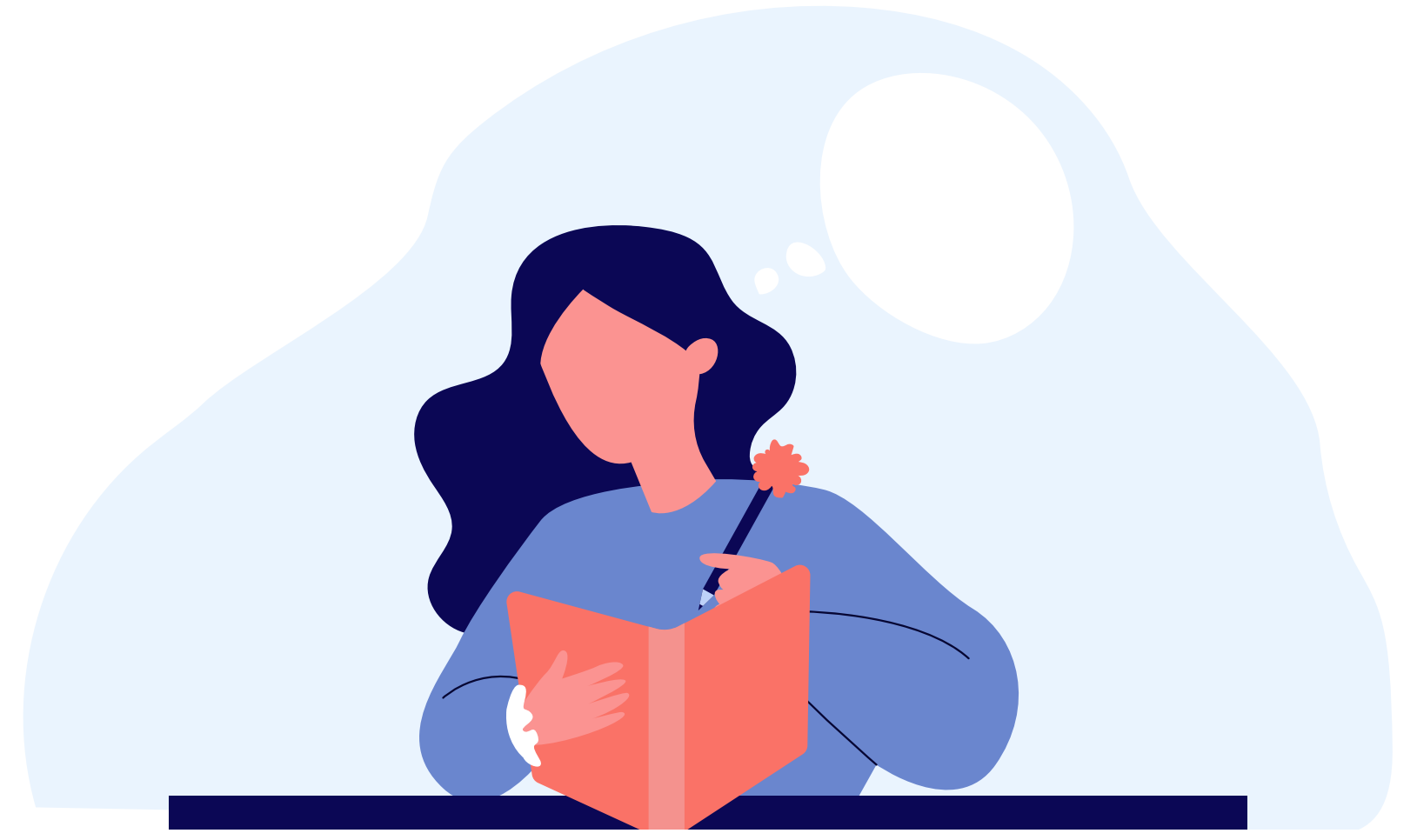


Exercise sheet

WHAT CAN I DO ABOUT DISCONNECTION?



1

I spot my triggers who promote dissociation for help of a logbook: fatigue, sleep, pain, places, thoughts, Situations, social networks, television, sounds, smells ...

2

I install security in my life:

1. I install security

This is the first step to get better.

2. I draw up a protection plan and an alternative scenario

Behavioural strategies:

- I contact someone and ask to talk to them
- I don't stay alone in my room, I go out and go for walk if I can.
- I call someone I trust, a loved one.
- I go for a run if I have time.
- I write about all my present emotions and thoughts in my diary
(check out the resource « I identify and accept my emotions »).
- I've started to paint, draw, play music.

Behavioral strategies:

- I listen to a self-hypnosis session.
- I change my ideas and relax by listening to my favorite music.
- I hold on tight to an object that symbolizes my « safety space » and I focus on this feeling.
- I focus on the rhythm of my breathing
(check out the « cardiac coherence » resource).

Exercise sheet

DISSOCIATION



- I hold ice cubes firmly in my hands and I focus on this gesture.
- I put down in writing all the negative things that would happen if I lost control.

I make a list of at least 5 alternative strategies

1.
2.
3.
4.
5.

i I reread them when I face anxiety -provoking situations.

3. Relations to others: benevolent people I can talk about

4. I identify triggers using a logbook

- I note the situations that directly or indirectly awaken trauma.
- I note the emotions and physical sensations that can promote dissociation.
- I note the behavior.
- I develop alternative strategies for anchoring in here and now.

Exercise sheet

DISSOCIATION

Situation	Emotions Physical sensations	Behaviours	Strategies alternative

5. I stop self -destructive behavior

