

Exercise sheet

DISSOCIATION: THE COST OF AVOIDANCE



My dissociation measurement gauge

0	No dissociation, I feel completely connected to the environment.
1	I feel like people speak less strong or as if they spoke from further away.
2	I feel like I'm starting to rise from the ground, I have no more feelings and people's words are fading away.
3	I'm completely outside of my body and I feel like I'm no longer in control of my body. People are far away.
4	I can't hear anything anymore, I can't see anything anymore, I've switched off

1

Complete the following sentences:

- The thoughts I would like to get rid of the most are:

- The emotions I would like to get rid of the most are:

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- The sensations of which I would like to get rid of are:

- The memories of which I would like to get rid of are:

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Then take a few minutes to draw up a list of all the ways you've used to avoid or remove these unpleasant thoughts or emotions.

Try to remember all the strategies you used (deliberately or unintentionally).

Below you will find some ideas that can help you.

Distracting themselves:

I list everything I have already tried to distract myself, to « Be elsewhere », or to disconnect my mind from these thoughts, emotions, sensations or painful memories.

Going away:

I draw up a list of all activities, fields of interest, events, people, places that I have avoided or which I have withdrawn, as well as all occasions that I let pass because I didn't feel well or wanted to avoid:

Thought strategies:

I draw up a list of all the thought techniques that I've tried (deliberately or unintentionally) when painful thoughts and emotions arose. Among the following statements, I tick the strategies that I've already used, and I add those that don't appear on the list: