

## DISSOCIATIVE EXPERIENCE LOG

**Purpose:** Track when dissociation happens, what triggers it, and how it shows up in your body and mind.

Date/Time	Trigger/What was happening	Type of Dissociation	Body Sensations	Thoughts/Feelings	How Long	What helped
Mon 3pm	Argument with partner about money	Depersonalisation - felt like watching myself from outside	Numbness in hands, heaviness in chest, vision felt foggy	This isn't real" / "I'm not really here" / Empty	20 mins	Holding ice cube, naming objects in room
Tue 10am	Boss raised voice in mtg	De-realisation - Room felt unreal, distant	Ringing in ears, disconnected from body	"Is this actually happening? Confusion	45 mins	Cold water on face, grounding with feet on floor
Wed 8pm	Watching TV show with hospital scene	Freeze/Shut-Down	Heavy limbs, can't move	Blank but far away, can't think, scared but far away	1 hour	Partner's gentle, voice, warm blanket
Fri 2pm	Sitting in therapy discussing childhood	Young part showed up	Small, feeling childlike, curled up posture	"I'm little", "I'm afraid" "I don't want to talk"	10 mins	Therapist noticed, used soft voice, helped me notice things in the room

### TYPES TO TRACK/NOTICE:

- Depersonalization (feeling detached from self)
- Derealisation (world feels unreal)
- Amnesia/time loss
- Fragmentation/parts switching
- Emotional numbing
- Freeze/shutdown
- Body disconnection

### WHAT TO NOTICE:

- Patterns - what commonly triggers the dissociation?
- Early warning signs - what happens in the body first?
- What helps?
- Time of day - when is the person at your most vulnerable?
- Duration - is it getting shorter over time?

### THIS HELPS:

1. Recognise dissociation is happening
2. Identify the triggers to anticipate/manage
3. Notice body cues earlier
4. Find what helps the person return

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Recognise dissociation is happening  
Identify your triggers to anticipate/manage them  
Notice your body cues earlier  
Find what helps you return

## EARLY WARNING SIGNS I'M DISSOCIATING

MY BODY SIGNALS:		
Body part	What I notice	Example
Vision	Things look foggy, far away, unreal, flat	Colors seem dull, like looking through a tunnel
Hearing	Sounds feel muffled, distant, underwater	Partner's voice sounds echoey or far away
Skin	Numbness, tingling, can't feel touch	Can't feel my hands, face feels numb
Head	Pressure, floaty feeling, disconnected	Head feels full of cotton wool, spacey
Chest	Tight, heavy, hard to breathe	Constricted feeling, shallow breathing
Limbs	Heavy, can't move easily, not mine	Arms feel like lead, legs feel far away
Face	Blank expression, frozen	Can't smile, face feels mask-like
Whole body	Floating, not connected, puppet-like	Feel like I'm hovering above myself

MY THINKING CHANGES:		
Type of thought	What I notice	Example
Reality questioning	"Is this real?" "Am I really here?"	Everything feels like a dream
Time confusion	Can't tell how much time has passed	Lost 30 minutes, don't know what happened
Memory gaps	Can't remember what was just said	Partner asks "Did you hear me?" - I didn't
Blank mind	Can't think, brain feels empty	Staring but not processing anything
Observing self	Watching myself from outside	"That's not me doing that"
Not me thoughts	"This is happening to someone else"	Detached from my own actions

MY FEELING CHANGES:	
Emotional state	What I notice
Numbness	Can't feel anything, emotionally flat
Confusion	Don't know what I'm feeling
Unreality	Nothing feels real or matters
Detachment	Don't care what happens
Shutdown	All feelings gone, empty

MY BEHAVIOR CHANGES:	
What I do	Example
Go quiet/withdraw	Stop talking mid-conversation
Stare blankly	Eyes glazed, not focusing
Slow responses	Takes ages to answer questions
Automatic mode	Going through motions mechanically
Freeze	Can't move, stuck in position
Age regression	Talk/act like a child

**COMMON TRIGGERS FOR MY DISSOCIATION:**

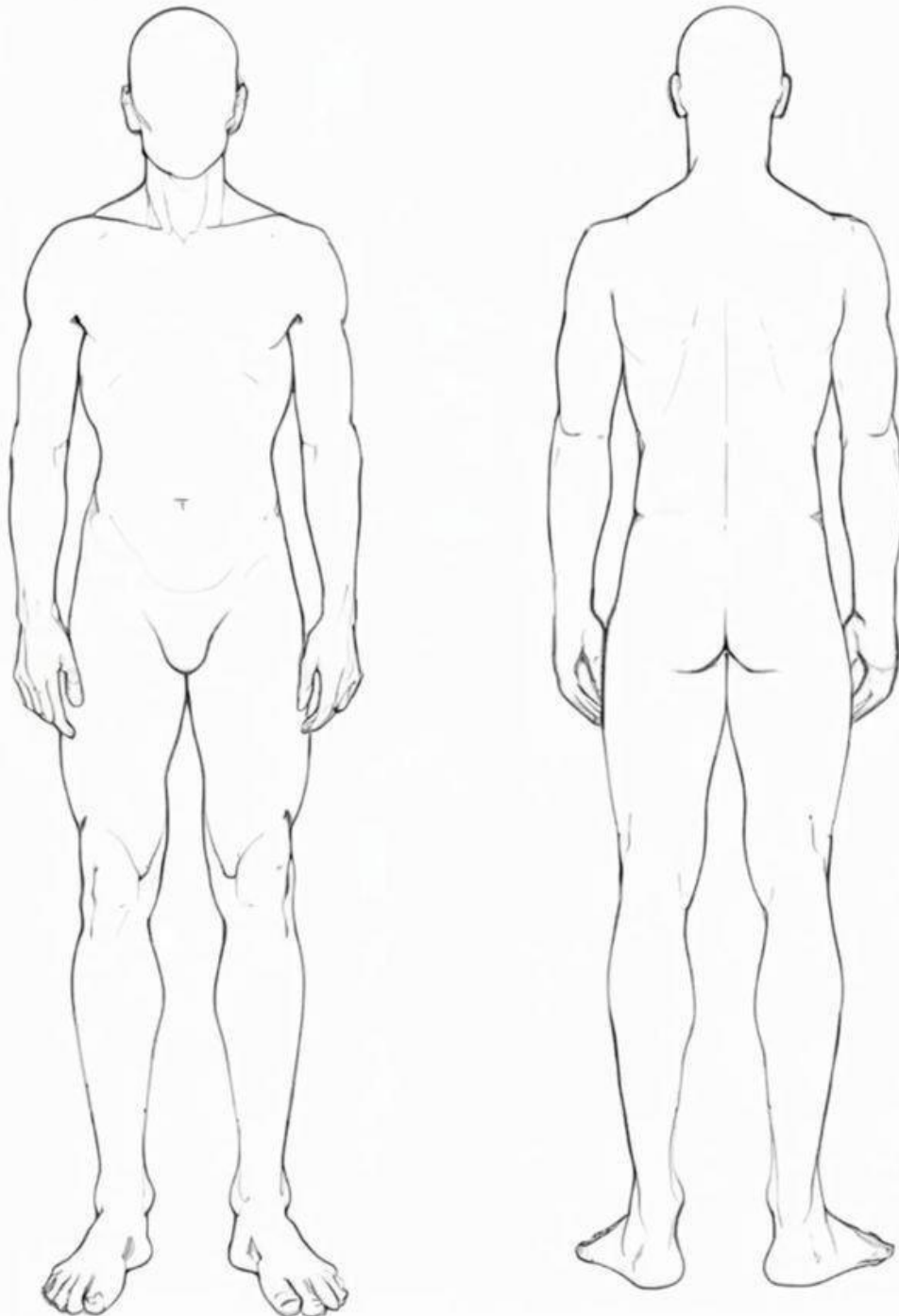
<b>Trigger</b>	<b>Tick if Applicable</b>
Conflict/raised voices	<input type="checkbox"/>
Feeling criticized	<input type="checkbox"/>
Being asked personal questions	<input type="checkbox"/>
Medical settings	<input type="checkbox"/>
Intimacy/touch	<input type="checkbox"/>
Certain smells/sounds	<input type="checkbox"/>
Feeling overwhelmed	<input type="checkbox"/>
Specific trauma reminders	<input type="checkbox"/>
Being alone	<input type="checkbox"/>
Crowded places	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>

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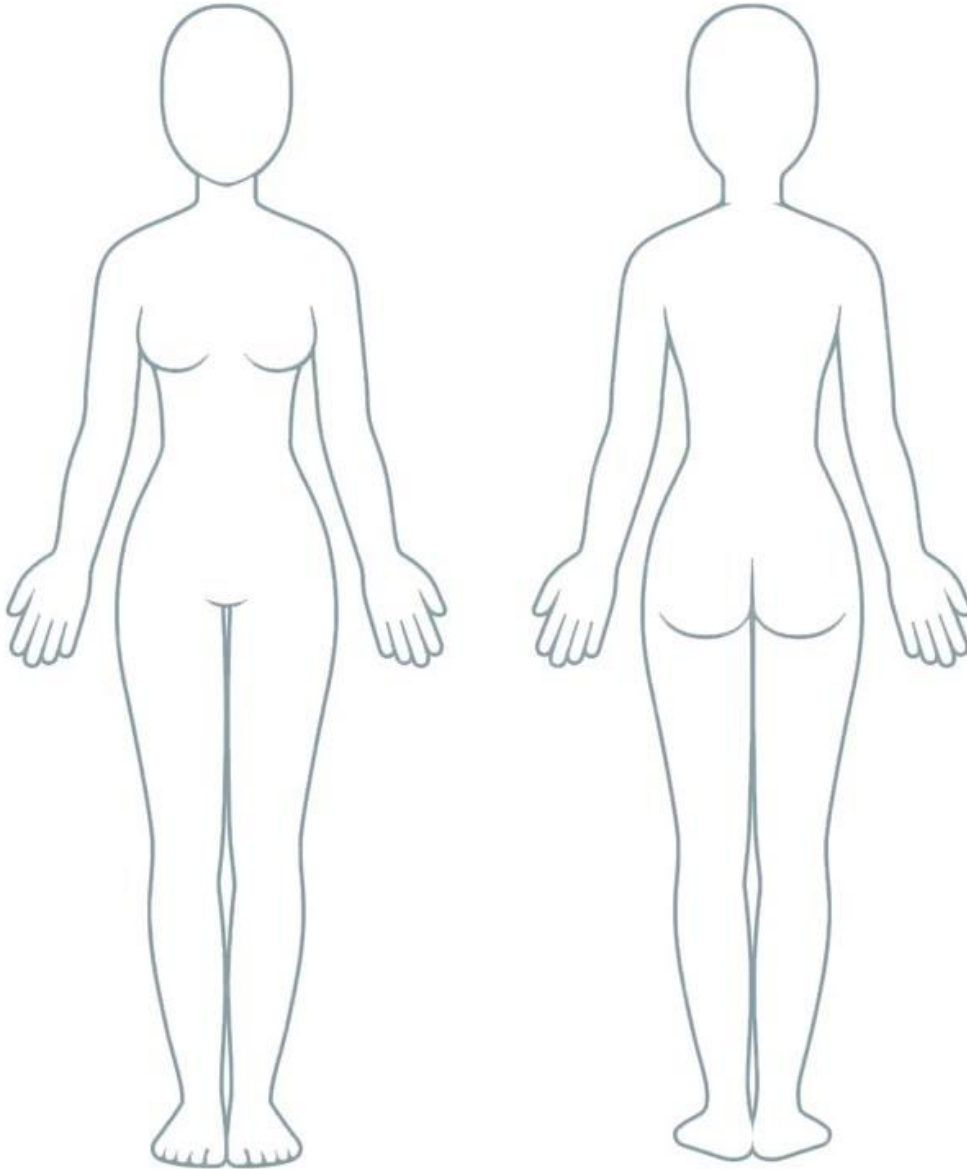
**WHAT HELPS ME COME BACK:**

	<b>Does it help?</b>
Grounding technique	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cold water on face/hands	<input type="checkbox"/> Yes <input type="checkbox"/> No
Ice cube in hand	<input type="checkbox"/> Yes <input type="checkbox"/> No
Naming 5 things I can see	<input type="checkbox"/> Yes <input type="checkbox"/> No
Feet firmly on floor	<input type="checkbox"/> Yes <input type="checkbox"/> No
Strong scent (mint, lavender)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Trusted person's voice	<input type="checkbox"/> Yes <input type="checkbox"/> No
Movement (walking, stretching)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Holding something textured	<input type="checkbox"/> Yes <input type="checkbox"/> No
Other: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No

Mark the parts of your body where different feelings show up (worry, rage, grief, terror, embarrassment, arousal, delight, contentment, cues of security) to help recognize physical responses and sensations. This can also help identify where safety registers in the body..



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