

Dissociative disorders

Describing Changes in Awareness Safely

Adults | 10 to 15 minutes

Feeling distant, losing track of time, or experiencing memory gaps can have different explanations. Dissociative disorders require careful assessment. This page helps describe what you noticed and its practical effect; it does not ask you to recover memories or confirm a particular identity explanation.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Use observable information

Describe where you were, what you noticed afterward, and what another person observed if they have your permission to share. "I could not recall part of the conversation" is enough; do not fill gaps by guessing.

Focus on current support

Discuss safety during daily activities, health and medication context, sleep, and what helps you stay engaged. External orientation may be offered, but any exercise that increases discomfort can be stopped.

1. What change in awareness or memory did you notice, without trying to reconstruct missing details?

2. What practical activity or safety concern was affected?

3. What context, including sleep, health, medicines, or substances, should be assessed?

4. What support preference and assessment question do you want to share?

Clinical use and adaptation

Consider medical, neurological, substance, sleep, and other psychiatric explanations. Do not use suggestive memory work, encourage identity elaboration, or treat this page as evidence of dissociative identity disorder. Assess urgent safety and functional impairment; offer choice-based grounding only if helpful.