

Forum:[Hack Forums](#)

Thread: [Depersonalization/Derealization disorder](#)

White Partyhat - October 31, 2016, 3:32 am

Hey guys,

I've been having these symptoms for a long time:

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-Feelings that you're an outside observer of your thoughts, feelings, your body or parts of your body, perhaps as if you were floating in air above yourself

-Feeling like a robot or that you're not in control of your speech or movements

-The sense that your body, legs or arms appear distorted, enlarged or shrunk, or that your head is wrapped in cotton

-Emotional or physical numbness of your senses or responses to the world around you

-A sense that your memories lack emotion, and that they may or may not be your own memories

-Feelings of being alienated from or unfamiliar with your surroundings, perhaps like you're living in a movie

-Feeling emotionally disconnected from people you care about, as if you were separated by a glass wall

-Surroundings that appear distorted, blurry, colorless, two-dimensional or artificial, or a heightened awareness and clarity of your surroundings

-Distortions in perception of time, such as recent events feeling like distant past

-Distortions of distance and the size and shape of objects

"

Does anyone else have them? or know of any cure/treatment?

Thanks,

Xarian

LastSession - October 31, 2016, 3:34 am

I highly recommend you to visit a doctor.

Coon and Friends - October 31, 2016, 3:38 am

I use to. Stop doing any drugs (including alcohol, tobacco and caffeine), took me about 10 months in total - it will sort itself out,.

White Partyhat - October 31, 2016, 3:51 am

(Oct 31, 2016 03:34 AM)LastSession Wrote: [\[CITE\]](#) I highly recommend you to visit a doctor.What sort of doctor? a psyc? or a normal one?

(Oct 31, 2016 03:38 AM)Coon and Friends Wrote: [\[CITE\]](#) I use to. Stop doing any drugs (including

alcohol, tobacco and caffeine), took me about 10 months in total - it will sort itself out,.Problem is I've tried to stop smoking (Tobacco not weed) before, and I can't seem to be able to.

I can stop drinking alcohol and caffeine though.

Do you know what causes it though?

LastSession - October 31, 2016, 3:56 am

(Oct 31, 2016 03:51 AM)Xarian Wrote: [\[CITE\]](#) What sort of doctor? a psyc? or a normal one?

Problem is I've tried to stop smoking (Tobacco not weed) before, and I can't seem to be able to.

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Do you know what causes it though?

Go to a normal one and ask him.

Coon and Friends - October 31, 2016, 4:06 am

(Oct 31, 2016 03:51 AM)Xarian Wrote: [\[CITE\]](#) What sort of doctor? a psyc? or a normal one?

Problem is I've tried to stop smoking (Tobacco not weed) before, and I can't seem to be able to.

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Do you know what causes it though?

I don't know what causes it, but I personally stopped doing drugs entirely after it happened. People don't realise but it's scary losing connection with reality from messing about with a few substances.

Nicotine is a stimulant, so you need to cut it out (do it anyway, that shits dirty). It will get better, it happened to me and it isn't great - but if you relapse you go back to square 1.

Cut it out for a year and see how you feel, your mental wellbeing is more important than smoking cigarettes and getting drunk. Once it's gone, it doesn't come back easy.

Edit: I personally didn't go to a doctor, but it might be worth having a talk with him/her about it. I didn't want to go as I felt I would be given even more pills, antidepressants in particular (it was drugs that caused it in the first place, I didn't want to take more) but that's up to you.

White Partyhat - October 31, 2016, 4:09 am

(Oct 31, 2016 04:06 AM)Coon and Friends Wrote: [\[CITE\]](#) I don't know what causes it, but I personally stopped doing drugs entirely after it happened. People don't realise but it's scary losing connection with reality from messing about with a few substances.

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Does coca cola/pepsi count as caffeine btw?

LastSession - October 31, 2016, 4:13 am

(Oct 31, 2016 04:09 AM)Xarian Wrote: [\[CITE\]](#) Thanks bro <3

Does coca cola/pepsi count as caffeine btw?

Well it has coffeine.

Coon and Friends - October 31, 2016, 4:21 am

(Oct 31, 2016 04:09 AM)Xarian Wrote: [\[CITE\]](#) Thanks bro <3

Does coca cola/pepsi count as caffeine btw?

No problem dude, yeah. Anything with any stimulants/depressants (downers), will cause issues.

Speaking anecdotally, anything that changes your perception (Tobacco = stimulant, alcohol = depressant, caffeine = stimulant, cannabis = depressant), will not help with the issues you describe.

Look at your diet. Make sure you eat enough fish - omega 3 is critical for brain function. Vegetables are a must too, consider melting cheese on them before eating if you don't like them - then slowly decrease the melted cheese.

You are what you eat/ingest, so consider gradually changing your lifestyle and see how you feel in the long term. It does get better, I would consider myself back to "normal", but it wasn't without a year or so of a changed lifestyle.

EvaOura - October 31, 2016, 12:45 pm

I had this after a bad experience with weed and either I'm used to it or it's gone completely. They say it's a form of anxiety. I would go to a good psychiatrist and receive a proper diagnosis and then a talk therapist.

COMMUNE - October 31, 2016, 12:49 pm

More + more people seem to be getting this, there's a glitch in the simulation we're doomed

EvaOura - October 31, 2016, 1:32 pm

It can happen when you're stressed/anxious or if you've had a bad drug experience (a bad trip) because of the trauma and anxiety during that trip. Your brain still thinks you're in danger. I know this sounds unhelpful but try mindfulness for 20/30 minutes a day, it helps you focus on the present and keep telling yourself that it will pass and it's normal. Try to not think about it (i know this is really difficult because the feeling is unpleasant) you could ask your doctor for a course of benzodiazepines (anti-anxiety medication) this may help bring you out of the anxious state and help you think more rationally and bring things into perspective.

You're NOT going crazy. Do not scare yourself. You will be okay, it will pass.

White Partyhat - October 31, 2016, 1:39 pm

(Oct 31, 2016 01:32 PM)EvaOura Wrote: [\[CITE\]](#) It can happen when you're stressed/anxious or if you've had a bad drug experience (a bad trip) because of the trauma and anxiety during that trip. Your brain still thinks you're in danger. I know this sounds unhelpful but try mindfulness for 20/30 minutes a day, it helps you focus on the present and keep telling yourself that it will pass and it's normal. Try to not think about it (i know this is really difficult because the feeling is unpleasant) you could ask your doctor for a course of benzodiazepines (anti-anxiety medication) this may help bring you out of the anxious state and help you think more rationally and bring things into perspective.

You're NOT going crazy. Do not scare yourself. You will be okay, it will pass. Thank you very much bro.

K l a u s - October 31, 2016, 1:58 pm

I got this while smoking weed on LSD. Never doing that again, was waaaaaaaaaaaaaaaaaaaaaaaaaaaaay to trippy for me.

RecoveryF - October 31, 2016, 3:32 pm

Honestly I'd suggest you visit a doctor, as it sounds like something serious.

AnunnakiGod - August 21, 2017, 4:07 am

I also suffer from this and sometimes I forget about it and it happens again. I got this from bad trip and family problems. You have to make urself occupied with things, it helps when you play video games or you hang out with friends or family. Sometimes I like that feeling because it makes you feel like in a dream and I am not that anxious. Your brain wants to help you on that way. Just be strong!

Anna Conda - August 22, 2017, 5:08 am

If I think about what you just wrote I think I feel like this when I'm high lol

bobfromsnapchat - August 23, 2017, 11:41 pm

Feeling disconnected from your body is a common but rarely discussed symptom of several forms of depression, especially clinical depression. Do you have any other symptoms of depression?

This may just be a shot in the dark, but it may be worth looking into.

I Am Kira - August 24, 2017, 12:08 am

It will go over time, you need to accept what it is and that it will go away :)