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Thread: [depersonalization](#)

ririki - March 27, 2019, 11:37 am

Is someone suffering/experiencing from this?
Can you tell us some stories or how's your daily life?
How many times a day/week/month does this happen?
What age did you noticed this to start happen?
Do you have any other disorder?

If you want you can answer. ?

Dope - March 27, 2019, 1:45 pm

I used to depersonalize whenever I was hungover. I had terrible anxiety ALWAYS the day after drinking and the depersonalization thing didn't just disappear after a day.. it sometimes lasted up to 2 weeks. It made me feel horrible, I hate not being "sober" or 100% "conscious" and not being able to think straight made my anxiety even worse. For me it felt as if I didn't really care about anything, I was slow overall and very in my head. It's very hard to describe.. but it wasn't anything joyful for me, that's for sure.

This is also one of the reasons to why I don't drink and won't drink anymore.

ai?maN - March 27, 2019, 1:46 pm

I had it after a few times smoking weed, lasted like a month. You totally forget about it, just keep yourself busy.

Caliban - March 28, 2019, 4:32 pm

I used to have this during the time i smoked weed (when i was 16-17), its a very weird feeling.

LoudScreen - March 28, 2019, 4:43 pm

I think most people get depersonalization when something really shocking happens specially if violent or unjust.