

Forum:[Hack Forums](#)

Thread: [Stress Caused Depersonalization](#)

Eran - December 3, 2024, 1:55 am

Did anyone ever have this? Depersonalization caused from weed and other drugs has been discussed a lot, but when it comes to stress caused depersonalization it isn't being talked about enough. You ever had so much stress in your life that you just stop feeling yourself anymore? Nothing feels real, time moves weirdly, sleep schedule is all over the place and you can't control your emotions.

I am currently having this and it sucks because I had this happen last December as well. Thought I would get to enjoy these holidays because I missed out on a lot last year but it seems that won't be the case. :/

DashPHP - December 3, 2024, 2:47 am

Cold showers, feed yourself better food.

You're welcome.

Eran - December 3, 2024, 2:50 am

(Dec 3, 2024 03:47 AM)DashPHP Wrote: [\[CITE\]](#) Cold showers, feed yourself better food.

You're welcome.

Wish I could neg you an infinite times

DashPHP - December 3, 2024, 3:00 am

(Dec 3, 2024 03:50 AM)Eran Wrote: [\[CITE\]](#) Wish I could neg you an infinite times

Nah I know what you mean though. It's just cus you're in the deep end of getting your life together, as i am. Natural to think this way.

You just have to focus on discipline and keep thinking about your end goal. Anything in between is distractions you must overcome.

How I made a change was evaluating the time spent wasting time. It adds up massively.

Bastille - December 3, 2024, 7:02 am

It happened to me a year ago when my burnout started because working too much and also losing many grants because of my ex-girlfriend (this is the stress part that killed me I guess, because I used to work a lot and I was never impacted by it). I had few moments of depersonalization (especially when I was looking at my hands, like when I was eating), however in parallel I had derealization, which is what you describe when you say "nothing feels real".

I had the feeling that I was in a matrix, surrounded by people who are either not real or do not realize they are in the matrix too. I've lost most of my feeling at this moment, no joy, when I had to laugh I laughed but I was faking, when I had to do things outside it was the most disturbing. I was in an "auto-pilot" mode, I walked to the locations I needed to go, I spoke with people like the cashier and so on, but at the same time I was like "what the F am I doing now, why do I talk to these people, there is no meaning to talk with them as they are not real".

Really really weird feeling, then I've left my job, and things started to going back to normal, it lasted around 2 months like that, 24/7. Before that it started 1 month ago, for a short moment during the day like few seconds, during time it became more recurrent, until it was here 24/7 for 2 months.

Did you think about speaking to a psychologist ? it helped me a lot.

Syndicate - December 8, 2024, 10:33 pm

I often get this when I am overworked and don't get enough time off between my shifts to decompress my day. I hate it and I don't feel like myself at all when this happens to me.

The Pact - December 9, 2024, 2:09 am

I think the only times I've felt this in life is when someone I loved or intensely liked rejected or betrayed me in some way.

7 - December 9, 2024, 2:14 am

I understand Women Caused Depersonalization...
This is a serious problem

Eran - December 10, 2024, 1:58 am

(Dec 3, 2024 08:02 AM)Bastille Wrote: [\[CITE\]](#) It happened to me a year ago when my burnout started because working too much and also losing many grants because of my ex-girlfriend (this is the stress part that killed me I guess, because I used to work a lot and I was never impacted by it). I had few moments of depersonalization (especially when I was looking at my hands, like when I was eating), however in parallel I had derealization, which is what you describe when you say "nothing feels real".

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Did you think about speaking to a psychologist ? it helped me a lot.

Well it feels different reading about when someone has this short term only.

It's probably different for both of us. I don't think a psychologist would help in my cause since I constantly have on-going problems and I am kind of stuck in a place since about 1.5-2 years ago. I know deep inside the root of my issue and what would solve it, but I kind of subconsciously self-sabotage myself at the same time.

(Dec 8, 2024 11:33 PM)Syndicate Wrote: [\[CITE\]](#) I often get this when I am overworked and don't get enough time off between my shifts to decompress my day. I hate it and I don't feel like myself at all when this happens to me.

Now imagine something like this lasting for months.

(Dec 9, 2024 03:09 AM)The Pact Wrote: [\[CITE\]](#) I think the only times I've felt this in life is when someone I loved or intensely liked rejected or betrayed me in some way.

Yeah, our brain does that to protect itself from stress. Weird.

The Pact - December 10, 2024, 2:06 am

(Dec 10, 2024 02:58 AM)Eran Wrote: [\[CITE\]](#) Well it feels different reading about when someone has this short term only.

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Actually I forgot also when my spouse died, I had it for like a lot of the two years after, and I really liked having it compared to the pain of that on the days that I didn't have it.

Eran - December 10, 2024, 2:07 am

(Dec 10, 2024 03:06 AM)The Pact Wrote: [\[CITE\]](#) Actually I forgot also when my spouse died, I had it for like a lot of the two years after, and I really liked having it compared to the pain of that on the days that I didn't have it.

Sorry to hear that.

And I know exactly what you mean! Some days I'm just vibing with this weird feeling of my problems being blocked by something lol. But sometimes it's annoying because I zone out a lot in conversations and my memory is bad.

RangoWorld - December 10, 2024, 2:59 am

I think in stressful and fearing times our bodies and brain adapt towards a more fight and flight mode. The parasympathetic nervous system I guess takes on more things and thus you don't feel like yourself anymore.

Jamika - December 11, 2024, 10:24 pm

(Dec 3, 2024 02:55 AM)Eran Wrote: [\[CITE\]](#) Did anyone ever have this? Depersonalization caused from weed and other drugs has been discussed a lot, but when it comes to stress caused depersonalization it isn't being talked about enough. You ever had so much stress in your life that you just stop feeling yourself anymore? Nothing feels real, time moves weirdly, sleep schedule is all over the place and you can't control your emotions.

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Yes sure , daily stress turn u into a robot that have no feelings and ur emotions and life feels fucked ??