

# Dissociation Record

| <p><b>Trigger</b></p> <p>What was happening just before you dissociated?</p>  | <p><b>Dissociation</b></p> <p>What kind of dissociation did you experience?<br/>If you had a memory, what was it of?</p>  | <p><b>Emotions &amp; body sensations</b></p> <p>How did you feel?<br/>What body sensations did you notice (or not)?</p>  | <p><b>Coping &amp; reaction</b></p> <p>What did you do to cope with the dissociation?<br/>How did you react?</p>   |
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| <p>Contextual triggers:</p> <ul style="list-style-type: none"> <li>• Who were you with? What were you doing?<br/>When was this? Where were you?</li> </ul> <p>Sensory triggers:</p> <ul style="list-style-type: none"> <li>• Sight, sound, touch, smell, taste</li> </ul> | <p>Examples of dissociation include:</p> <ul style="list-style-type: none"> <li>• Intrusive (unwanted) memories or flashbacks</li> <li>• An old feeling 'replaying' in your body</li> <li>• Feeling 'detached' or 'spaced out'</li> </ul> | <ul style="list-style-type: none"> <li>• How did you feel before, during, and after?</li> <li>• Did these feelings remind you of anything?</li> <li>• Have you ever felt this way before?</li> </ul> | <ul style="list-style-type: none"> <li>• What helped you to notice that you had dissociated?</li> <li>• What helped you return to the present moment?</li> <li>• What did you think of yourself for having dissociated like this?</li> </ul> |