



General Dissociative Symptoms

**Not related to substance use and blacking out due to substances. Also, assess around neurological or cognitive issues*

Memory Problems

- Lack of memory for significant life events (especially ages 6-14)
- Inability to recall substantial portions of childhood
- Chronic day to day forgetfulness, more than

Depersonalization

- Odd changes in self, mind, and/or body
- Feeling unreal or detached from self and body
- Feeling distant, changed, and/or disconnected self and body

Derealization

- The world and your surroundings feel unreal
- Others and things feel strange or distant

Flashbacks

- Sudden and intrusive memories or fragments of memories
- Experienced as one or more of the following:
 - Images or internal videotapes
 - Emotions or feelings
 - Nightmares
 - Body sensations
 - Thoughts or voices

Somatic Symptoms

- Unexplained bodily sensations and symptoms with no medical basis
- Affects your 5 senses, body functions, and/or physical abilities
- The body is unconsciously or consciously re-experiencing past traumas

Trance State

- Episodes of staring off into space; or thinking about nothing
- Unaware of what is going on around you