

# Am I Experiencing Depersonalization And Derealization?

Depersonalization and derealization should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Do you ever feel strange, as if you are not real, or cut off from the world?

Never  Occasionally  Sometimes  Often

Does it ever feel as if you are not in charge of your own movements?

Never  Occasionally  Sometimes  Often

Do you ever feel like you are a 'detached observer' of yourself?

Never  Occasionally  Sometimes  Often

Do you ever find yourself not feeling any affection towards people who are close to you?

Never  Occasionally  Sometimes  Often

Do you ever feel like familiar voices, including your own, sound remote or unreal?

Never  Occasionally  Sometimes  Often

Does the world ever seem 'flat' or 'lifeless', as if you are looking at a picture?

Never  Occasionally  Sometimes  Often

When you cry or laugh, do you ever seem to 'not feel' any emotions?

Never  Occasionally  Sometimes  Often

Do you ever have to touch yourself to make sure that you really exist?

Never  Occasionally  Sometimes  Often

If you answered 'sometimes' or 'often' to most of these questions, you might be experiencing depersonalization and derealization. You might find it helpful to speak to your general practitioner, or a mental health professional, about how you're feeling.