



Depersonalization-Derealization Disorder Worksheet

1. Identify situations or stressors that tend to precede your depersonalization-derealization episodes.

2. How would you describe the sensations or thoughts you experience during these episodes?

3. What physical or emotional cues indicate the onset of depersonalization or derealization for you?

4. List three coping strategies that have helped you manage or reduce depersonalization-derealization symptoms in the past.

5. How has depersonalization-derealization affected your daily activities and relationships?

6. Are there any patterns or themes in your life that you believe contribute to the frequency or intensity of these episodes?

7. Describe a time when you successfully prevented or minimized a depersonalization-derealization episode. What strategies did you employ?

8. What support systems or resources do you currently have in place for dealing with depersonalization-derealization, and how can they be strengthened?

References

1. [A case series of 223 patients with depersonalization-derealization syndrome](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.