Gentle reminders for difficult days

By S. Lewis · Free DPDR tips

These are reflections from the recovery story, not medical advice, diagnosis, or treatment. Different people need different support. A doctor or mental health professional can help you understand your own experience.

Make room for ordinary moments

In my experience, returning to everyday life helped: a walk, time with a friend, or a familiar activity, even when things felt strange.

Notice the checking loop

I found myself repeatedly checking whether I felt “real.” Learning to notice that habit, rather than chasing reassurance all day, was part of my experience.

Return to the present, gently

Some things I tried were naming five things I could see and noticing my feet on the floor. These are personal examples, not a treatment plan; leave out anything that feels unhelpful.

Keep support close

Talking with a therapist and people I trusted mattered to me. You do not need to manage distress alone.

Reliable information and peer support

- Mind: mind.org.uk — dissociation and DPDR information.
- NHS: nhs.uk/mental-health/conditions/dissociative-disorders/
- Unreal: unrealuk.org — a UK DPDR charity with peer support.

If you feel unsafe

If there is immediate danger, call your local emergency number. US: call or text 988. UK & Ireland: Samaritans 116 123. Crisis Text Line: text HOME to 741741 (US & Canada). International crisis resources: iasp.info/crisis-centres-helplines.