

# DISSOCIATE

*Meaning: Dissociate: to separate or disconnect one's thoughts, feelings, or memories from a particular context or experience.*

1. She struggled to dissociate her personal feelings from her professional responsibilities.
2. The therapist helped him learn how to dissociate traumatic memories from his current life.
3. Many people find it difficult to dissociate themselves from their childhood experiences.
4. During the experiment, the researchers aimed to dissociate the effects of the drug from the placebo.
5. In times of stress, some individuals may dissociate as a coping mechanism to escape reality.

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