DISSOCIATING

Meaning: DISSOCIATING: the process of mentally separating oneself from a stressful or traumatic experience as a coping mechanism.

1. She found herself dissociating from the stressful situation, creating a mental barrier to cope.

2. The therapist explained how dissociating can be a protective mechanism during traumatic events.

3. In the midst of the chaos, he began dissociating, feeling as if he were watching everything from a distance.

4. Dissociating often leads to feelings of confusion and disconnection from one's own emotions.

5. After the accident, she experienced moments of dissociating that made it hard for her to remember the details.

Source: sentences.whatistheurl.com

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