

DISSOCIATION

Meaning: Dissociation is a psychological process in which an individual experiences a disconnection from thoughts, feelings, or sense of identity, often as a response to trauma.

1. Dissociation can often manifest as a coping mechanism during traumatic experiences.
2. The therapist explained that dissociation might make a person feel disconnected from their own emotions.
3. In psychology, dissociation is understood as a disconnection between thoughts, identity, and consciousness.
4. After the accident, she experienced episodes of dissociation that made it hard for her to recall certain details.
5. Many people might not realize that dissociation can be a common response to overwhelming stress.

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