

WHAT IS DPAFU?

How do I know if I have DPAFU?

Have a look at the checklist below that describes some of the main sensations associated with DPAFU. Put a tick next to each of the statements according to how often you experience these sensations in your everyday life.

Checklist of Main DPAFU Sensations

Main DPAFU sensations	Never	Sometimes	Often
Changes to feelings and emotions			
Feeling cut off or detached from the world around you			
Being emotionally numb			
Lacking feelings towards other people, such as affection			
Feeling in a dream-like state			
Feeling like a robot or on 'automatic pilot'			
Loss of motivation due to everything seeming without meaning			
Feeling isolated from the world around you			

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

Main DPAFU sensations	Never	Sometimes	Often
Changes to feelings and emotions <i>continued</i>			
Not caring about your actions or behaviour			
Feeling like an observer of yourself			
Problems with your thinking processes			
Finding it difficult to concentrate			
Feeling like your mind has 'gone blank'			
Experiencing thoughts that are speeded up and confused			
Having significant problems remembering everyday things			
Feeling detached from memories			
Having difficulty picturing things in your mind's eye			
Struggling to take in new information			
Finding yourself repeatedly absorbed in thoughts about the meaning of life and existence			

WHAT IS DPAFU?

Main DPAFU sensations	Never	Sometimes	Often
Unusual physical and perceptual sensations			
The world around you appears unreal or artificial			
Physical numbness in parts, or all, of your body			
Feelings of weightlessness or hollowness			
Losing your sense of taste, touch or smell			
Objects around you appearing smaller than they really are			
Objects around you appearing larger than they really are			
Experiencing distortions to sounds (including your own voice)			
The world around you appears less colourful than it really is			
Objects and the world around you appear flat or two-dimensional			
Objects seeming not to be solid			
Feeling detached from your own reflection when looking in a mirror			
Feeling as if time has been stopped, slowed down or speeded up			