

Dissociation

Dissociating is the experience of detaching from reality; where consciousness, identity, memory, and perceptions are no longer naturally integrated; usually as a response to trauma or stress.

Causes

- Pain (physical or emotional)
- Trauma (accident or abuse)
- Unresolved (search for meaning or truth)
- The Husk (protection from further harm)

Variations

- Shock
- Disassociation (distraction)
- Dissociative Identity Disorder (DID)
 - Triggered Response (temporary)
 - Multiple Personality Disorder
- Dissociative Amnesia
- Depersonalization Disorder (separation from self)
- Derealization Disorder (separation from reality)
- Fragments or Parts (consequences)

Responses

- Empathy (know what they are going through)
- Patience (wait for the right moment)
- Faith (the Lord can heal)

Prayer Strategy

- Ask God to reveal the source or root of the problem (trauma).
- Confirm present safety.
- Identify victim and villain roles in the story.
- Forgive and be forgiven.
- Identify assumptions and conclusions drawn from the experience.
- Ask for truth (Jesus, where were You in this experience?).
- Check on how the truth resolves the false conclusions.
- Invite Jesus into any similar circumstances (past, present, or future).
- Pray a blessing of peace.