



HOMO iNERTIA



ABSOLARIS

DPDR -help



Navigation for Recovery with AI Support

From anxiety — to stability,
from background sensations — to life,
from fixation — to movement.



+ checklists

DPDR Help is not a medical service or diagnosis. It's a supportive environment.

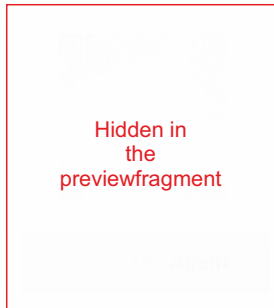
Two forms of support*:

1. The Agent: a guide through DPDR

It doesn't analyze. It doesn't diagnose.
It's simply there — like a voice that already knows
what you're going through.

QR Code

(Link to the Agent):



*The specialized Agent
works inside ChatGPT.
A Plus subscription
may be required to use it.*

2. The Book: not an instruction, but a companion

The book goes deeper. It doesn't demand effort.
You simply read — and something inside begins to shift.
It's a path through the DPDR experience:
phases, sensations, and thought-forms
that speak when you can't find the words.

*All information in the book and provided by the Agent is for informational purposes only.
The author is not a medical institution and the materials do not replace medical or psychotherapeutic assistance.

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**Do you feel
like the world around you
has changed?**

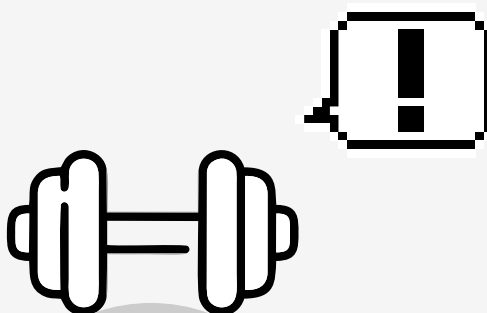
**As if it's become
strange and distant —
like you're watching it
through glass?**



You may be experiencing depersonalization-derealization (DPDR) —

a state that can feel frightening,
but is not dangerous or permanent.

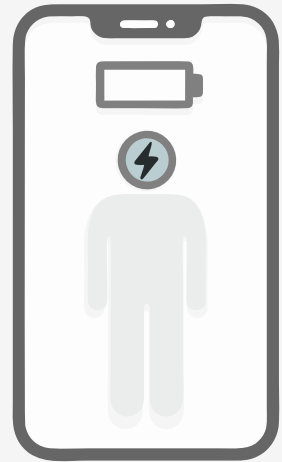
**DPDR is a specific mode of brain function
that switches on
when the nervous system is overwhelmed.**



It's like a smartphone switching to power-saving mode.

The screen dims, some processes slow down, and complex functions are temporarily paused so the system can stabilize.

It's not broken, and it hasn't "gotten stuck" like this forever.



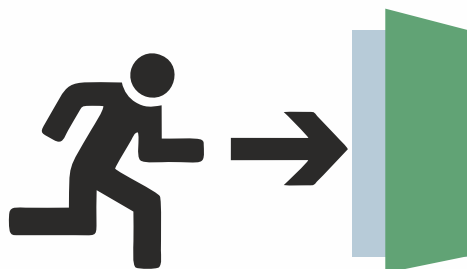
***DPDR is not a psychosis
and not brain damage —
it's a temporary protective response
that helps you cope
with overwhelming stress.***

**Next, we'll explore
why DPDR arises,
what keeps it going,
and — most importantly —
how to restore normal perception of reality.**

You'll begin to understand
how this state function
and why it's temporary.

You'll learn to gradually reduce
the effects of anxiety
and constant self-monitoring.

***There is a map
and there are practical steps
that help guide the way out.
And you're already on the path to recovery.***



Chapter 0

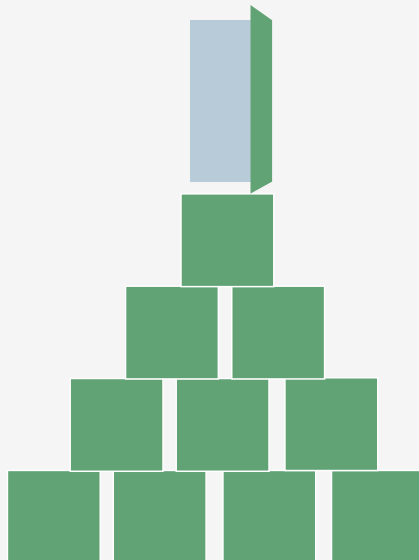
WHERE TO BEGIN: 10 KEY ANCHORS

1. Check your basics
2. Understand what's happening to you
3. Stop fighting it
4. Shift focus away from your head
5. Replace analysis with something else
6. Don't wait for it to disappear
7. Find what really matters to you
8. Stabilize your body
9. Don't go through this alone
10. Don't wait for a miracle — live step by step

10 Key Anchors

This is not a full instruction.
Not a complete explanation.
Just a place to begin.

It's not a to-do list.
It's orientation.

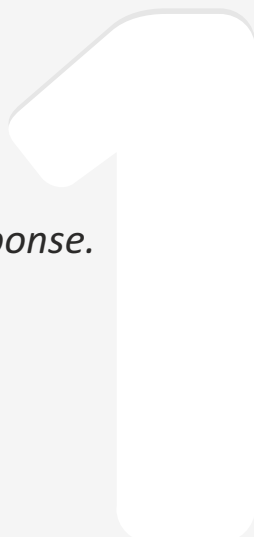


1. Check the basics — ease the fear about your body

Sometimes, to calm down,
you need to be sure:
your body is okay.
Not to “find a disease”,
but to stop fearing it.

- ✓ Do a simple check-up:
 - Hormones: TSH, T3, T4, cortisol, B12, vitamin D
 - MRI and EEG (to rule out rare causes)
 - Basic blood test, biochemistry

*If everything is normal —
you can exhale.
This isn't a failure. It's a response.
And it's reversible.*

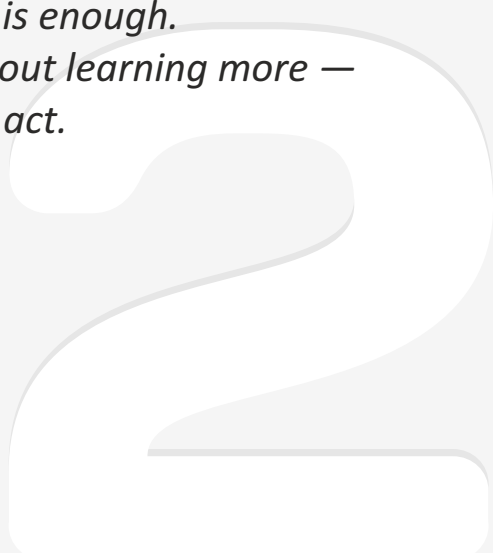


2. Understand what's happening — but don't get stuck in it

You don't need to know everything about DPDR. One clear understanding is enough:

**This is not a disease.
It's an overload.
It's a protective mode
activated by the brain
when things became too much.**

*One reliable source
(a website or a book) is enough.
From here, it's not about learning more —
but gently starting to act.*

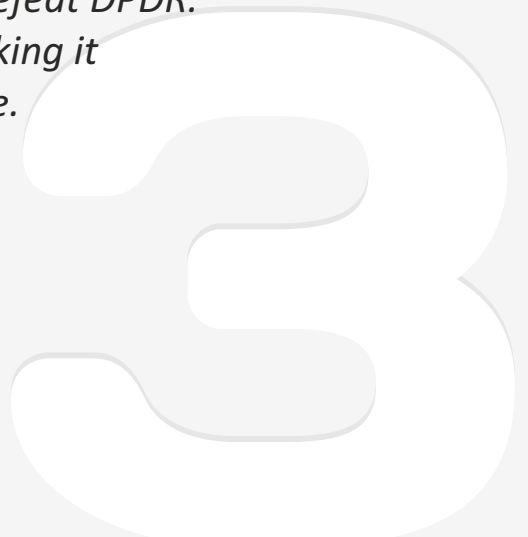


3. Stop fighting — start being present with yourself

The symptoms are scary,
and you may want to get rid of them.
But fighting only makes the tension worse.
What helps is not force, but acceptance:

**“Yes, this is here. And I am still here.
And I am still living.”**

*You don't need to “defeat DPDR.”
You need to stop making it
the center of your life.*



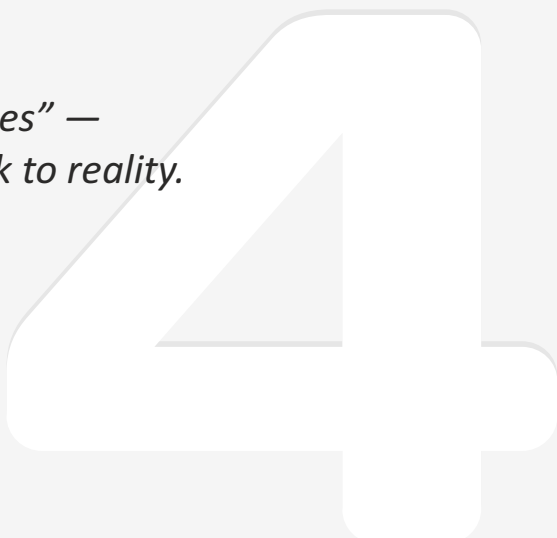
4. Shift focus away from your head — return to your body and the world

When you keep watching yourself from the inside, the feeling only grows stronger.

Try to gently shift your attention outward:

- **Feel the floor under your feet**
- **Breathe and listen to your breath**
- **Touch an object and describe it**
- **Water: cold / warm**
- **Movement: yoga, walking, any simple action**

These aren't "exercises" — they are bridges back to reality.



5. Replace analysis — with presence

Instead of asking “Why is this happening?”
ask yourself:

**“What’s in front of me?
What am I doing?”**

*You don’t have to feel like your old self.
You can start living even with this state —
and it will begin to fade on its own.*



6. Don't wait for it to go away — start moving

Waiting for it to end is a trap.
You can keep going now,
even with the feeling of “disconnection.”

- simple food
- a short conversation
- a walk
- music

*Don't try to “feel.”
“Just stay close to the action.
The feelings will catch up.*



7. Find what matters to you — and turn toward it

DPDR is not only fear,
but also a chance to ask yourself:

**“What is important to me,
no matter what?”**

*Creativity? Friendship?
Exploration? Care?
Even one step in that direction
is already a movement toward yourself.*

8. Stabilize your body — it's your foundation

Not for control,
but for support.

- regular sleep
- eating on schedule
- moderate movement
- fewer stimulants
(caffeine, alcohol, screens before bed)

*You won't "fix" yourself through force,
but your body can become a foundation.*



9. Don't do this alone

You don't have to "handle it by yourself.

"Sometimes just having a living presence nearby changes everything.

- **psychotherapy (CBT, ACT, body-oriented work)**
- **forum, group, or a close person**
- **AI navigation — to check in, stay on track, and remember where you are**

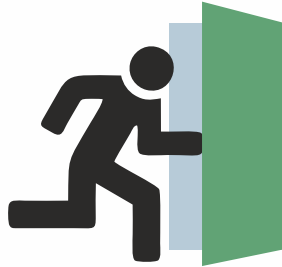


!!! Don't wait for a miracle. Live step by step

DPDR doesn't leave on a schedule.
It fades when life gradually
fills with meaning.
You don't have to be "normal"
to start living.

**Just start living — even with this.
One day, you'll notice: it's already gone.**





Chapter 1

UNDERSTANDING DPDR

Why it happens
and what keeps it going

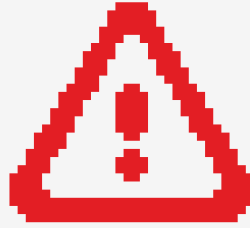
- 1.1. What happens in the brain during DPDR?
- 1.2. Why did this happen?
- 1.3. How does DPDR resolve?
- 1.4. Awareness
- 1.5. Three barriers on the path

1.1.

What happens in the brain during DPDR?

Now let's figure out
what exactly is happening in this moment.





Brain in energy-saving mode

During DPDR the brain switches into energy-saving mode, reducing sensitivity to external and internal stimuli. This helps it avoid overload and gradually stabilize.

But this process has a side effect — a sense of detachment, limited or “distorted” perception of reality and emotions.

***DPDR is not an illness,
but a temporary state
caused by overload
of the nervous system.***

Which brain areas are involved?
**DPDR affects four
main regions of the brain:**



1. Amygdala
2. Prefrontal cortex
3. Thalamus
4. Limbic system

1. Amygdala – responsible for fear and anxiety.

- This reinforces the perception of DPDR as a "dangerous state, "even though it is not.
- In DPDR, the amygdala is hyperactive, which causes a constant feeling of anxiety.

2. Prefrontal cortex – controls self-awareness and perception of reality.

- In DPDR its activity decreases, which leads to a feeling of "disconnection" from oneself.
- Normally it helps distinguish real experiences from illusory ones.

3. Thalamus – the center for processing sensory information.

- In DPDR it starts filtering information, reducing its brightness and intensity.
- In a normal state it passes all signals from the senses.

4. Limbic system – regulates emotions.

- A person may feel "disconnected" from their feelings.
- In DPDR its activity decreases, which makes emotions feel blunted.

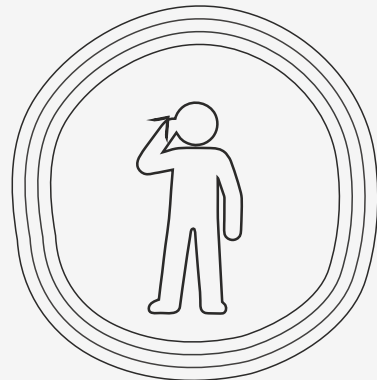
Why does perception become sTranGe?

When the thalamus restricts the flow of sensory information, the surrounding world starts to feel “blurred,” flat, or unreal.

Additionally, the reduced activity of the prefrontal cortex makes it harder to identify oneself in space.

That is why some people with DPDR feel as if they are “watching themselves from outside” or lose their sense of “self.”

***Perceptual resources
are temporarily limited***



What happens when you try to understand “what is THIS?!” with limited resources?

When perception changes, you live through the first experience. And you notice — it’s not “just seems,” it is. But the brain still doesn’t know what it is. It gets scared — and produces available conclusions, for example: “I’m going crazy. This is forever. ”This is how the “**DPDR knot**” is created.

Each time the sensation returns, the fear, the story, and the panic return as well, because it has already become an associative memory of conclusions and the emotional reaction to them.

*The state is strange, but it is not dangerous.
The sensation is not an illness, but a protective mechanism.
And the frightening conclusions are not the correct interpretation,
but ones made under pressure and with limited resources.*



Alternative reaction — it starts the way out

Our brain learns through experience.
Especially strongly — when emotions are involved.
If the first reaction was frightening,
the brain “remembers” it as danger.
It links sensations, thoughts, anxiety —
into a single network.

But — this can change.
When you go through
similar sensations again without panic,
everything shifts: new connections form.
Not in one try — but gradually.

Support phrase:

***«Yes, I feel the strangeness.
But what comes in response
is only an anxious interpretation.
Now I can live through it differently.»***

What keeps DPDR going?

DPDR starts as a temporary protection,
but it becomes fixed through anxious analysis.

If a person constantly checks their state and worries,
this increases the activity of the amygdala,
which in turn

prevents the brain from “turning off”
the protective mode.

You feel detachment — it frightens you

You start analyzing your sensations

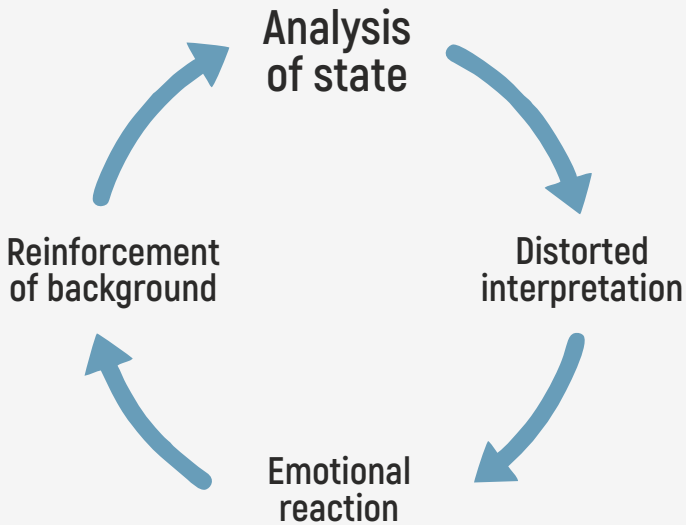
— anxiety grows

Anxiety raises cortisol levels

— the brain keeps working in “protection mode”

**The more a person checks their sensations,
the longer DPDR persists.**

Closed circle

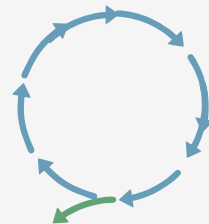


- 1. Analysis of state**
(current perception + memory)
- 2. Distorted interpretation**
(assumptions, logical conclusions within limited perception)
- 3. Emotional reaction**
(fear, panic, helplessness)
- 4. Reinforcement of background**
(through emotionally fixed memory)

The next analysis already takes place
from the distorted background
(The cycle repeats)

Conclusions

- **DPDR is a protective mechanism of the brain, not a malfunction.**
- **It activates when the nervous system becomes overloaded.**
- **The main brain areas involved in DPDR:**
 - amygdala (fear),
 - prefrontal cortex (control),
 - thalamus (sensory filtering).
- **The more you worry and analyze your state (with limited resources), the longer it stays.**



The most important thing — allow yourself to see that this state is temporary.

When you notice recurring thoughts and sensations, don't fight them — gently shift your attention elsewhere.

This is not a one-step exit, but a gradual return from automatism to living perception.

1.2. Why did this happen?

You've probably asked yourself:
"Why did I end up in this state?"

DPDR doesn't appear out of nowhere.
It's a protective reaction of the brain,
which activates
in response to overload.



Main causes of DPDR



DPDR can be triggered by different factors, but all of them come down to overload of the nervous system.

1. Severe stress or anxiety

- Prolonged tension, anxious thoughts, panic attacks.
- Chronic stress, when the body stays in constant “fight mode.”
- Strong emotional shock: loss, fear, trauma.

2. Physical and emotional exhaustion

- Lack of sleep, chronic fatigue, exhaustion of the nervous system.
- Long periods of strain without rest, when the body can’t recover.
- Deficiency of nutrients, lack of water, insufficient movement.

3. Traumatic experience

- The psyche “shuts off” part of perception to reduce emotional pain.
- It can be connected to childhood trauma, crises, or shock events.
- Sometimes DPDR appears not immediately, but some time after the traumatic experience.

*DPDR —
it's a way the brain protects itself
when the system is overloaded.*

Why me?

Many people ask themselves this question. The answer is simple: you probably have a sensitive nervous system that just got overloaded.

It doesn't mean something is “wrong” with you. Some people ignore stress and push themselves to physical exhaustion.

Others are highly sensitive to their inner state and tend to self-observe.

If you've been analyzing your sensations for a long time, worrying, looping on fears — that could have triggered DPDR.

It's important to understand: DPDR is not a malfunction. It's an adaptation of the brain, activated to protect you from overload.



And it's not only about you

The world has long been moving so fast
that we stopped feeling.

Everything became important, urgent, necessary.
And step by step, we drifted away from ourselves:
from the body, from silence, from breath,
from the simple sense of “I am.”

We fly like scattered atoms —
from plans to choices, from screens to endless feeds —
always rushing somewhere.
The main thing is not to fall behind.
The main thing is to keep up.
The main thing is never to stop.

*Perhaps your stop —
even if it feels painful —
has allowed you to disconnect from the general noise.
And you are beginning to listen
to what others stopped hearing long ago.*



How to reduce anxiety right now

- 1. Remember: your brain is working normally.**
It has simply switched into protection mode.
- 2. Shift your focus:**
find three objects around you of different colors and say their names out loud.
- 3. Unload the body:**
shake your hands gently,
take a deep breath in and a slow breath out.
This helps send a signal to the brain
that the danger has passed.

- *DPDR appears when the brain is overloaded and turns on a protective mode.*
- *Main causes — stress, fatigue, anxiety, trauma, or hyperfocus on sensations.*
- *It is always a temporary state, fading as the nervous system restores its balance.*



1.3.

How does DPDR go away?

You already know that DPDR is the brain's protective reaction to overload.

But if it's just an adaptive mechanism — why doesn't it disappear immediately once the stress that caused it is gone?

There's nothing mysterious about it. It's like a stretched muscle: even if the strain has stopped, the system needs time to recover.

That's why DPDR doesn't switch off instantly.

Natural process of recovery

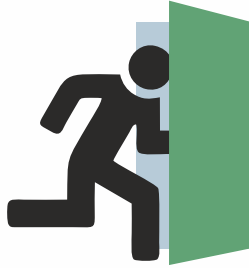
The brain needs time to make sure that the danger is truly gone. Even if the stress has passed, the system may remain in an energy-saving mode.

It turns functions back on gradually — not all at once, but step by step.

Sometimes this happens in waves: on a background of improvement a setback appears (everything seems to “come back”), but this is not a collapse — it’s a temporary shutdown because the load felt unfamiliar.

With each cycle, the brain becomes more precise in calibrating its response, and it learns: “the danger is gone, I can be here.”

***It is a natural recovery process.
It needs gentleness,
and time — with simple, steady living.***



dpdr-help.com

The preview fragment is complete.

If you wish to continue, the full version of the book is available at [DPDR-help.com](https://dpdr-help.com).

A note upfront:

the book does not contain more information than the website. It simply brings everything together into a clear pathway, making the material more structured and, in some places, deeper.

The book is paid.

This is not a fee “for help”. It is a way to support the project — so it can remain accessible, continue to grow, and keep helping people who are coming out of DPDR.

