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AM I STILL  
THE SAME  
**PERSON?**



### Am I Still The Same Person?

One question that I am regularly asked is, “Has this condition changed me? Will I ever be the same again? Has my personality been altered somehow??”

Now, that idea scared me *a lot* while I had depersonalization; the idea that even when I did get out of the condition, that I would be somehow changed; that I would never be quite the same person again.

Well, having recovered, I am now on the other side of that fence – and I can tell you with 100% certainty that you will get back to being exactly the same person you were before all of this happened.

I want you to think of the experience like this:

Imagine that you woke up one morning with an extra 200 pounds somehow stuck onto your body weight. You couldn't move, you felt terrible, you didn't want to get up and move around.

Well, that scenario is actually a lot like anxiety and dp: your mind suddenly has all this extra baggage loaded onto it. It feels sluggish, it can't seem to move properly. And yet, parts of it move too fast – your focus and concentration rush unnecessarily from one thought to another (just like the heart of an obese person pumps extra hard to keep up with the extra weight).

So your mind has suddenly been lumped with all this excess baggage. It's terrible, believe me - I know! But here's the thing to remember above all else:

**YOU HAVEN'T CHANGED.  
YOU ARE STILL THE EXACT SAME  
PERSON UNDERNEATH ALL THAT  
UNNECESSARY BAGGAGE.**

Do you think that when you read a good thriller story, and you get to the exciting part and your heart beats faster and you feel nervous ... that you've become a different person?? Of course not! Yes, your body and brain can get *very* tired of feeling anxious all the time, and produce all kinds of silly rationalizations to explain what's happening – but trust me, nothing has changed about you, not a single thing!

And to return to the weight metaphor; Just as you would have to get your body into a new healthy routine to shed those extra pounds, it is up to you to get your mind into a healthy training regime to get rid of all that unwanted stuff, and train yourself back to normal. It's not the easiest thing in the world, but you know what? That's ok. It's absolutely worth the effort and you'll even find it even becomes enjoyable after a while!

You must also understand and accept that just like the weight, wishing depersonalization to go away will not make it so. It will not disappear overnight. Sitting around, feeling sorry for yourself, logging into dp forums on the Internet every day will do you no good whatsoever.

Just as you would with the weight, you must accept that for the moment, you have this temporary condition, but you are fully determined to do something about it. Because the fact remains that you can and will get rid of every trace of your anxiety and therefore, DP.

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