

When Everything Feels Far Away

For the times you feel flat, foggy, or oddly distant from your own life.

WHEN TO USE THIS

Use this on a day you feel numb, or like you are watching yourself from outside.

How connected do you feel to what is going on around you today?

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Not at all

Fully here

What does it look like for you?

- ☐ Sounds seem muffled
- ☐ Time skips or drags
- ☐ I do not feel much of anything
- ☐ My hands do not feel like mine
- ☐ I go through the day on autopilot
- ☐ Food has no taste
- ☐ I forget chunks of the day
- ☐ Hard to care about what I care about

What has pulled you back before, even a little?

Cold, movement, a voice, a smell, a small task.

Who could you send a short message to today, even just a hello?

There is no right answer on this page. Skip what you want to skip, or fill it in with someone you trust.

Numb is not the same as broken. It usually lifts, even when it takes its time.