

# Living in a Dream: Understanding Dissociation and PTSD

Have you ever walked along Waikiki beach, looking at the vibrant colours, and felt like none of it was real? Like you were watching a movie of your life rather than living it? This experience is known as derealization or depersonalization, and it is a common, yet often frightening, symptom of complex trauma and PTSD. In a place as visually stimulating as Hawaii, this sense of detachment can be particularly disorienting. You know you should be feeling joy or awe, but instead, you feel numb or robotic. [PTSD treatment Hawaii](#) specialists can help you understand this dissociation not as "going crazy," but as a clever protective mechanism your brain created to survive overwhelming stress.

## The Brain's Emergency Brake

Dissociation is the brain's way of pulling the ripcord when pain or fear becomes too much to handle. It disconnects your conscious awareness from your body or your surroundings. For trauma survivors, this mechanism can get stuck in the "on" position. Even when you are safe in paradise, a smell, a sound, or a stressor can trigger this disconnect. You might feel like you are floating above your body or that your hands don't belong to you. Understanding the biology behind this—that it is a nervous system response—helps reduce the fear that often accompanies the symptom.

## Grounding Techniques for the Island Environment

The antidote to dissociation is grounding—connecting back to the here and now. Hawaii offers unique sensory tools for this. Therapists teach clients to use the environment to anchor themselves. Putting your feet in the cold ocean water, holding a rough piece of lava rock, or smelling a strong plumeria flower can send intense sensory data to the brain, overriding the numbness. These somatic (body-based) techniques help verify that you are real and you are here. Therapy involves practicing these skills until they become automatic responses to the feeling of drifting away.

## Reconnecting with Emotions Safely

Dissociation often serves to numb painful emotions. As you begin to "thaw out" and reconnect with reality, those emotions—grief, anger, fear—will resurface. This can be intimidating. A skilled therapist

provides a "titrated" approach, meaning you process these feelings in small, manageable doses so you don't get overwhelmed and dissociate again. It is a process of expanding your window of tolerance. You learn that you can feel intense emotions without disintegrating. This emotional reintegration allows you to eventually feel the positive emotions too—the joy and peace that you have been missing.

### **Integrating the Fragmented Self**

Trauma can leave you feeling fragmented, with different parts of yourself holding different pieces of the pain. Healing involves integrating these parts into a cohesive whole. It means acknowledging the part of you that needed to check out to survive, and thanking it, while gently letting it know that it is safe to be present now. As you integrate, the dream-like quality of life fades, replaced by a vibrant, sharp, and authentic experience of the world. You move from watching your life to fully inhabiting it.

**Conclusion** Feeling unreal is a terrifying symptom, but it is treatable. You can learn to come back to your body and experience the beauty of your life with full presence and connection.

**Call to Action** Reconnect with reality and heal from trauma with specialised professional support.

Visit: <https://wellnesscounselinghawaii.org/ptsd-treatment/>