

Short Film Recording and Retelling for Derealization PTSD Worksheet

Title of My Film: _____

Instructions:

- Find a quiet and comfortable space where you can sit and record a short film on your phone or camera.
- Set a timer for five minutes and start recording. During the recording, narrate your feelings and thoughts, describing how you perceive your surroundings.
- Try to convey any feelings of derealization or disconnection from reality that you may be experiencing.
- After the recording, watch it at a later time and use the space below to retell the events and your emotions during the recording down to the smallest possible detail.

My Film: _____

Questions for Reflection:

1. How did the film convey the experience of derealization and disconnection from reality?

2. Did you notice any specific visual or auditory cues in the film that highlighted the sense of detachment?

3. Were there any moments in the recording where you felt a stronger emotional connection to the experience?

4. How did your narration and tone change throughout the recording, reflecting your emotions at different points?

5. What aspects of your surroundings appeared distorted or distant during the recording?

6. What techniques or strategies did you use to cope with the feelings of derealization during the exercise?

7. Reflect on the overall impact of this exercise on your understanding of derealization and its connection to PTSD.

This template draws inspiration from the experiential exercises and self-reflection prompts in "The PTSD Workbook" by Tijana Mandic, Ph.D..