

# Recovering From Marijuana Induced Depersonalization And Derealization

Marijuana-induced depersonalization and derealization are two dissociative symptoms that can occur after using cannabis. These symptoms can be frightening and confusing, as they make people feel like they are detached from themselves and from reality. In some cases, these symptoms can last for weeks or months, and can significantly impact a person's ability to function.

This article will provide a comprehensive guide to recovering from marijuana induced depersonalization and derealization. We will discuss the causes, symptoms, treatment options, and coping mechanisms for these symptoms.

## Causes of Marijuana-induced Depersonalization and Derealization

The exact causes of marijuana-induced depersonalization and derealization are not known. However, it is believed that these symptoms are caused by the way that cannabis affects the brain.



## Recovering from Marijuana Induced Depersonalization and Derealization: A Practical Guide by ADISH Books

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Cannabis contains a chemical called tetrahydrocannabinol (THC). THC binds to receptors in the brain that are involved in regulating mood, perception, and memory. When THC binds to these receptors, it can cause changes in the way that the brain processes information. These changes can lead to feelings of detachment from oneself and from reality.

In addition, cannabis is a powerful antioxidant. Antioxidants can protect the brain from damage, but they can also interfere with the brain's ability to function properly. This interference can also lead to symptoms of depersonalization and derealization.

## **Symptoms of Marijuana-induced Depersonalization and Derealization**

The symptoms of marijuana-induced depersonalization and derealization can vary from person to person. Some people may experience only mild symptoms, while others may experience more severe symptoms that significantly impact their ability to function.

Common symptoms of marijuana-induced depersonalization and derealization include:

- Feeling detached from oneself
- Feeling detached from reality
- Feeling like one is in a dream
- Feeling like one is watching oneself from a distance
- Feeling like one is not in control of one's body

- Feeling like one is going crazy

## **Treatment for Marijuana-induced Depersonalization and Derealization**

There is no one-size-fits-all treatment for marijuana-induced depersonalization and derealization. The best treatment plan will vary depending on the individual and the severity of their symptoms.

However, some common treatment options include:

- **Cognitive-behavioral therapy (CBT):** CBT is a type of therapy that helps people identify and change negative thoughts and behaviors. CBT can be effective for treating depersonalization and derealization by helping people to understand the causes of their symptoms and to develop coping mechanisms.
- **Medication:** In some cases, medication may be prescribed to help relieve symptoms of depersonalization and derealization. Medications that may be used for this purpose include antidepressants and antipsychotics.
- **Lifestyle changes:** Some lifestyle changes can help reduce symptoms of depersonalization and derealization. These changes include avoiding caffeine and alcohol, eating a healthy diet, and getting regular exercise.

## **Coping Mechanisms for Marijuana-induced Depersonalization and Derealization**

In addition to treatment, there are a number of coping mechanisms that can help people manage the symptoms of marijuana-induced depersonalization and derealization. These coping mechanisms include:

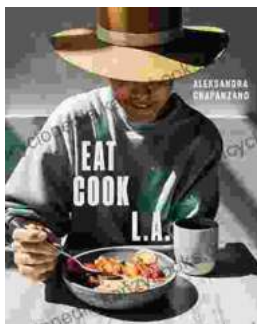
- Grounding techniques: Grounding techniques are exercises that can help people to feel more connected to the present moment. These techniques can include focusing on one's breath, describing



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