



Spaciousness and dissociation can look-alike, yet they are very different. Dissociation is a shock response, a protective strategy where we split off awareness of our bodies to avoid feeling overwhelming sensations, emotions, and thoughts. With dissociation, fear resides more in the body than our mind and it doesn't feel safe to be in the body. The mind will assign meaning to the feelings; but, to be fully alive, we must learn to be completely present with the sensations that arise. The difficulty is that feeling more sensation can also arouse feelings of fear.

