# Depersonalization | A guide out.

Nov 27th, 2020 I wrote this:

“I worry at times that the thing I call life, the mother I love, the family I hold on to. Is a drug of purpose and meaning. A game I am playing to distract myself from the lack of their really being anything at all. That I am dreaming everything up, and the same way I would watch porn to feel good, life is a “life long” version of that very fact.

Now, these thoughts are a part of me.

The road I am stuck on is which path to take.

I know that these thoughts, and the pull away from the immersion of the game was caused by psychedelic usage. However, I am undecided on whether or not the greater path lies in becoming content in the de-immersed state, or being fulfilled and happy in the immersed state.

Now, many people would claim that this immersion cannot last forever, but I would argue that point. Maybe not in this dimension but with tech of the future, with a perfect virtual reality that takes me one level deeper, with another dream dreamt up that has the amnesia built in to forget the past. The perpetual hedonism machine could be complete.”

This was a time when I was deeply