A sexual assault victim can engage in habit behaviors with or without being disconnected from sensations and emotions. If dissociation does kick in and the person continues with habit behaviors, that’s dissociative autopilot – which involves no sense of choosing the habit behaviors in which one is engaging, which can include sex acts.

Collapsed immobility involves oxygen deprivation, and the resulting faintness or dizziness can be hard to distinguish from dissociative "spacing out." Also, dissociation can happen before and/or overlap with collapsed immobility. However, the passing out of collapsed immobility is very different from dissociation.

Dissociation may or may not accompany tonic immobility. Someone may be unable to move, yell, or even speak – yet be fully aware of the horrible sensations of being assaulted and intense emotions of fear, disgust, etc. However, dissociation is common in tonic immobility states, when physical escape is impossible and mental escape is the only option.