Understanding and Working with Complex Trauma and Dissociation

Addendum

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CONCRETE TOOLS LIST
(Compiled from Collective Wisdom)

Compiled from the DISSOC listserv for DISSOC listserv members.

1. E. Abelow-B: Pick a letter of the alphabet and naming everything aloud they can see in the room (or anywhere they are) that starts with that letter. (E. Abelow-B)

2. Linda Seppanen: Shake their hands as hard as they can. I ask them to keep going until their fingers make a snapping sound, which will happen if they are shaking their hands really forcefully. (Linda Seppanen)

3. Sharon Hofere: Find out which sense is the most comforted by outside stimuli (and use that sense – sight, touch, smell, etc.)
   a. Ask the person to think of a past experience where he/she has felt comforted by an experience (and remember that experience vividly).
   b. Notice carefully the feeling of different cloth materials on your body as you move.
   c. Try walking barefoot and observing what your feet are experiencing on different surfaces.
   d. Stamp your feet: grind them around on the floor to remind yourself where you are now.
   e. Look around the room, noticing the colors, the people, and the shapes of things.
   f. Listen to the sounds around you: the traffic, voices, the washing machine, etc.
   g. Feel your body, the boundary of your skin, your clothes, the chair or floor supporting you.
   h. Use scented lotion, a cotton ball soaked with perfume, a handkerchief with vanilla extract, to remind you of the present. Carry them with you wherever you go.
   i. Suck on a peppermint, chew gum or cinnamon candies. Find a taste that you associate with feeling safe and carry it with you to use when you need them.
   j. Have an elastic band to hand (or on your wrist) you can "ping" it against your wrist and feel it on your skin - that feeling is in the now, the things you are re-experiencing were in the past.
   k. Find items that have a pleasant texture to them. Is there some small object that you can carry with you to help you stay grounded (rocks, shells) (Sharon Hofere)

4. Andrea Goldberg: Give my clients silly putty or a ball to squeeze or hand them a stuffed animal to stroke.

Yvonne Dolan's adaptation of the Eriksonian relaxation technique that involves external orientation to 5 sights, 5 sounds and 5
sensations (i.e. "I see the chair, I see the calendar, I see my blue pants...I hear the clock, I hear the air conditioning, I hear my voice...I feel my big toe, I feel the stuffed animal, I feel my back against the chair..."). (Andrea Goldberg, LCSW)

5. Ann Aukamp: Ask them to look around my consulting room and count five things, naming them as they identify each item. My consulting room has lots of choices from which to select & I have found that most folks can do this exercise w/out negative reactions. (Ann Aukamp)

6. Samantha Hocking: I find 'playdo' a great way to help ground a client. (this is the product name in the UK, not sure what it is called in other countries) I have lots of it in my place. The client can choose which ever colours they prefer, and squeeze it into shapes either they recognise, or I can ask them to. I always use this alongside them so we can make matching objects. Making farm animals together is a good way to work with the younger ones, I can make the chickens, they make the eggs for instance. The product has a lovely smell too, which is often useful to highlight and use as a grounding too.

I also have lots of little baskets of different size and shape stones. All different colours and odd textures. For the client to pick the one they feel most drawn to, and describe the feel, and how it looks to them can be really useful too. I look forward to reading some other techniques. (Samantha Hocking)

7. Na'ama Yehuda : I have used scent with children--something they like, and can be sprayed on a tissue/washcloth.

a. Also, a squeeze ball to hold on to and squeeze--which becomes an anchor for the present.

b. Some children do well with a piece of music they like (can be easily arranged on an MP3 player or CD), or very young children--a song or lullabye or tune THEY like (don't assume a nursery rhyme won't be triggering...).

Other things, as well, but I don't know how much detail will be helpful (Na'ama Yehuda)

8. Lauren Miller :A great idea! Here are a few things I use fairly routinely (and I ask the parts to learn and share these things as well prn) - I always do these things right along with the patient so there is no embarrassment factor

a. Push both feet firmly into the floor, feel the thigh muscle activation, relax, repeat.

b. Feel toes wiggle in shoes, right side, then left side, then both; clench/release exercises if appropriate
c. 5-4-3-2-1 exercise (5 things you see in the room, hear, textures that you can feel e.g. jeans vs sweater vs chair material etc; then 4 things, then 3 etc)
d. Pt holding the thumb and joint area of his/her hand and squeezing gently, try each side (sometimes one side feels better to grasp onto than the other)
e. Classic exercise of feeling the chair under you, the floor under your feet etc
f. Chinese finger traps - fingers get stuck until you push to the center - nice example of cooperative effort
g. Tossing a teddy bear or other soft harmless thing back and forth until they pt is actively present
h. Having pt move 2 fingers horizontally up and down in front of face to reduce headaches (and have parts do the same internally)
i. In certain situations (e.g. in pt) I have walked in figure 8s with a pt until they were present (same effect as bilateral stimulation, less invasive)
j. Somatic perimeter work (from sensorimotor training) - creating a safe perimeter using arm motions similar to swimming - happy to offer more details if someone is interested.
k. Resource building in a variety of ways that can be used in this context (if already established), largely taken from the EMDR literature (safe place, containment, etc) (Lauren Miller, PsyD)

9. Rich Chevetz: This kind of maneuver often involves hypnotic intervention, at least in my office, but if she is willing to practice a "lesser version of hypnosis," relaxation training, or guided imagery to which she can absorb, then you can invite part of her mind to stay firmly grounded to the chair/room/you and part of her mind to tune in to and describe in minute and painstakingly slow detail the sequence of subjective experiences starting before the attack to after the conclusion of it. You just explore things as they come up, much like dream analysis.

To be brief, she cannot understand the meaning of the experience without time distortion imposed via some method, whether talking or hypnotic, to slow the experience down and get inside it. Somatic methods would also work, but the grounding and her ability to self-regulate via focused attention (hypnosis of some variety) is essential, in my view. (Rich Chevetz)

10. Peter M. Barach: I learned from Jim Chu that it can be very helpful to try and catch the client's eye. It's very difficult for someone to go completely into a dissociated state while they are looking directly at you. Also, it's a good idea to ask the client to turn on the lights if they are getting "lost" in flashbacks. Some people are sitting in the dark and neglect to mention they habitually do this.

There is also the "frozen peas" technique: get the client to put a bag of
frozen vegetables or an ice pack on the back of the neck. You can do this in the
office or you can have them do it at home. If this doesn't do the job and the client
is home, you can suggest they take a cold shower. I credit christine Comstock
for these ideas.

Finally, a client devised the notion of carrying small containers of a scent
that has a positive meaning. This client carried small bottles with her of
oil of wintergreen and vanilla extract. She chose these scents. She would open
one and inhale it deeply when she needed to get grounded.

All of these techniques have the advantage of giving the patient a sense of
control and mastery over the painful stuff they carry around. (Peter M.
Barach, Ph.D.)

11. Peg Wood : I have found that technology is very helpful
in centering the person to the present. I use my Blackberry, my Ipod, my
computer, my copy machine--whatever is available. I have my client hold it
(if possible) to feel/see/hear that it is "real" and then we talk about how this
type of technology would have seemed like science fiction or Star Trek when
they were kids. If clients have their MP3s, Iphones, etc. with them, we cue up
music they like that has come out since the time of their trauma and I play
that music as a way to help the client orient to the present. One client with
DDNOS finds this particularly helpful to aid in "coming back to the present" when a younger
ego state comes to the front and gets frozen in the past. (Peg Wood,
Ph.D.)

12. Carol Forgash : I've found that when I orient ego states to my office, I
pay particular attention to the objects that did not exist in the client's childhood.
Miniature heaters, 'boom box', etc are 'new' to many parts. when I'm working
with them to come back. I say, 'look at the heater or the cd player etc.,
and it catches their eye and helps them 'come back'. (Carol Forgash)
# LOS ANGELES SYMPTOM CHECKLIST
## (ADULT VERSION)

Below is a list of problems. Rate each one on a scale of 0 to 4 according to how much of a problem that item is for you. A rating of zero would mean that the item is not a problem for you; one, a slight problem; two, a moderate problem; three, a serious problem; and four, an extreme problem.

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<tr>
<td></td>
<td>not a problem</td>
<td>light problem</td>
<td>moderate problem</td>
<td>serious problem</td>
<td>extreme problem</td>
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1. difficulty falling asleep
2. abusive drinking
3. severe headaches
4. Restlessness
5. Nightmares
6. difficulty finding a job
7. difficulty holding a job
8. Irritability
9. pervasive disgust
10. momentary blackouts
11. abdominal discomfort
12. management of money
13. trapped in an unsatisfying job
14. physical disabilities or medical problems.

Explain: ________________________________

15. hostility/violence
16. marital problems
17. easily fatigued
18. drug abuse
19. inability to express feelings
20. tension and anxiety
21. no leisure activities
22. suicidal thoughts
23. vivid memories of unpleasant prior Experiences

24. excessive eating
25. difficulty concentrating
26. dizziness/fainting
27. sexual problems
28. waking during the night
29. difficulty with memory
30. marked self-consciousness
31. depression
32. inability to make and keep same sex friends
33. inability to make and keep opposite sex friends
34. excessive jumpiness
35. waking early in the morning
36. loss of weight/apetite
37. heart palpitations
38. panic attacks
39. problems with authority
40. avoidance of activities that remind you of prior unpleasant experiences
41. trouble trusting others
42. loss of interest in usual activities
43. feeling emotionally numb

How long have you been bothered by these symptoms?

_____________________________________________
HOW TO SCORE THE LASC

The LASC is based on the DSM-IV diagnostic categories for PTSD. In the DSM, there are 4 criteria. Criteria A is simply that the client has been experiencing distress for 6 months or longer. The question at the bottom of the question page asking how long has the client experienced distress accounts for this criterion.

The other three criteria are addressed by answering a sufficient number of questions specific to each criterion. For Criteria B (re-experiencing trauma) at least 1 of the 3 key questions must be answered 2 or higher. For Criteria C (avoidance and numbing) at least 3 of the 6 key questions must be answered 2 or higher. For Criteria D (increased arousal) at least 2 of the 8 key questions must be answered 2 or higher.

There are two options for scoring this instrument. The categorical scoring provides direct correlation to the DSM IV diagnosis of PTSD. The continuous scoring provides an idea of how severe their PTSD is as well as a global assessment of distress. They are both described below.

On the scoring sheet, each of the criteria has its own section with the key questions noted. Transfer over the client’s score for each of the key questions. Note how many questions are answered with a score of 2 or higher. Then sum the responses for all the questions in that category.

If the participant meets the cut-off for all three criteria, they have PTSD. If they meet criteria for 2 out of the three categories, they are considered partial PTSD (or PTSS).

Continuous scoring is more of a global assessment. If the sum of ratings across all 17 PTSD symptoms (the 3 key questions of Criteria B, the 6 key questions of Criteria C and the 8 key questions of Criteria D) is greater than 25, then the client may also be diagnosed as having PTSD.

Finally, sum all the ratings of all 43 questions. This yields a global assessment of distress and adjustment problems; the higher the number, the greater the level of distress. The number 172 represents the highest possible score as a reference point. Note that a score of 40 or more would be indicative of a significant amount of distress.
# Los Angeles Symptom Checklist
## PTSD Diagnostic Items

### CATEGORICAL SCORING

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<th>ITEM</th>
<th>DESCRIPTION</th>
<th>SCORE</th>
<th>CATEGORY B</th>
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<tr>
<td>5</td>
<td>Nightmares</td>
<td></td>
<td>_____ @ 2 or higher</td>
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<tr>
<td>23</td>
<td>memories of experiences</td>
<td></td>
<td>(needs 1 at 2 or higher)</td>
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<tr>
<td>28</td>
<td>waking during the night</td>
<td></td>
<td>Total B Score: _____</td>
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<th>ITEM</th>
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<th>CATEGORY C</th>
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<tr>
<td>19</td>
<td>inability to express feelings</td>
<td></td>
<td>_____ @ 2 or higher</td>
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<tr>
<td>29</td>
<td>difficulty with memory</td>
<td></td>
<td>(needs 3 at 2 or higher)</td>
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<tr>
<td>40</td>
<td>avoidance of – reminders</td>
<td></td>
<td></td>
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<tr>
<td>41</td>
<td>Trouble trusting others</td>
<td></td>
<td></td>
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<tr>
<td>42</td>
<td>loss of interest in activities</td>
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<td></td>
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<tr>
<td>43</td>
<td>Feeling emotionally numb</td>
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<th>ITEM</th>
<th>DESCRIPTION</th>
<th>SCORE</th>
<th>CATEGORY D</th>
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<tbody>
<tr>
<td>1</td>
<td>difficulty falling asleep</td>
<td></td>
<td>_____ @ 2 or higher</td>
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<tr>
<td>4</td>
<td>Restlessness</td>
<td></td>
<td>(needs 2 at 2 or higher)</td>
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<tr>
<td>8</td>
<td>Irritability</td>
<td></td>
<td></td>
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<tr>
<td>20</td>
<td>tension and anxiety</td>
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<td>25</td>
<td>difficulty concentrating</td>
<td></td>
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<td>34</td>
<td>excessive jumpiness</td>
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<tr>
<td>37</td>
<td>heart palpitations</td>
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<td>38</td>
<td>panic attacks</td>
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### CONTINUOUS SCORING

Total Score: All B, C & D Items: _____
(Score of greater than 25 is positive for PTSD)

Total Score All 43 Items: ____ /172
(This score represents a global assessment of distress)

### DEPRESSION ITEMS

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<thead>
<tr>
<th>ITEM</th>
<th>DESCRIPTION</th>
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<tr>
<td>17</td>
<td>Easily fatigued</td>
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<tr>
<td>22</td>
<td>Suicidal thoughts</td>
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<tr>
<td>31</td>
<td>Depression</td>
</tr>
<tr>
<td>35</td>
<td>Wake up early in the morning</td>
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A-DES
(Version 1.0)

Judith Armstrong, PhD
Frank Putnam, MD
Eve Carlson, PhD

**Directions:**
These questions ask about different kinds of experiences that happen to people. For each question, circle the number tells how much that experience happens to you. Circle a “0” if it never happens to you, circle a “10” if it is always happening to you. If it happens sometimes but not all of the time, circle a number between “1” and “9” that best describes how often it happens to you. When you answer, only tell how much these things happen when you have not had any alcohol or drugs.

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A-DES - Information sheet for Version 1.0

The Adolescent Dissociative Experiences Scale (A-DES) was developed by Drs. Judith Armstrong, Frank Putnam and Eve Carlson to supplement the Dissociative Experiences Scale (DES) and the Child Dissociative Checklist (CDC), which cover adults and children respectively. The A-DES is designed to screen for and quantify dissociative experiences in adolescents, ages 11-20. The A-DES inquires about experiences of amnesia, depersonalization, absorption, passive influence and identity alteration. The A-DES is not a diagnostic instrument.

The A-DES is scored by adding up the number circled for each item and dividing by 30, to obtain an average item score. At present no norms are available for the A-DES. A multicenter study to establish the reliability and validity of the A-DES to determine norms for clinical and non-clinical samples is in a preparatory stage.

The A-DES is a public domain document and may be copied and distributed freely without copyright restrictions. Please do not alter the questions or answer format and distribute such modified copies under the name “A-DES”, “Adolescent Dissociative Experiences Scale” or similar name as this produces significant confusion for other clinicians and researchers who may encounter altered copies.

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Copies of the A-DES may be obtained from:
Frank W. Putnam, MD  
Bldg 15K, NIMH 
9000 Rockville Pike 
Bethesda, MD  20892  
Eve Carlson, PhD  
Dept. of Psychology 
Beloit College 
700 College Street 
Beloit, WI  53511
1. I get so wrapped up in watching TV, reading or playing video games that I don’t have any idea what’s going on around me.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

2. I get back tests or homework that I don’t remember doing.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

3. I have strong feelings that don’t seem like mine.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

4. I can do something really well one time and then I can’t do it at all another time.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

5. People tell me I do or say things that I don’t remember doing or saying.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

6. I feel like I am in a fog or spaced out and things around me feel unreal.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

7. I get confused about whether I have done something or only thought about doing it.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

8. I look at the clock and realize that time has gone by and I can’t remember what has happened.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

9. I hear voices in my head that are not mine.
   0 1 2 3 4 5 6 7 8 9 10
   (Never) (Always)

10. When I am somewhere that I don’t want to be, I can go away in my mind.
    0 1 2 3 4 5 6 7 8 9 10
    (Never) (Always)
11. I am so good at lying and acting that I believe it myself.

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12. I catch myself "waking up" in the middle of doing something.

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13. I don’t recognize myself in the mirror.

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14. I find myself going somewhere or doing something and I don’t know why.

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15. I find myself someplace and don’t remember how I got there.

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16. I have thoughts that don’t really seem to belong to me.

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17. I find that I can make physical pain go away.

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18. I can’t figure out if things really happened or if I only dreamed or thought about them.

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19. I find myself doing something I know is wrong, even when I really don’t want to do it.

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20. People tell me that I sometimes act so differently that I seem like a different person.

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21. It feels like there are walls inside of my mind.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

22. I find writings, drawings or letters that I must have done but I can’t remember doing.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

23. Something inside of me seems to make me do things that I don’t want to do.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

24. I find that I can’t tell whether I am just remembering something or if it is actually happening to me.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

25. I find myself standing outside of my body, watching myself as if I were another person.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

26. My relationships with my family and friends change suddenly and I don’t know why.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

27. I feel like my past is a puzzle and some pieces are missing.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

28. I get so wrapped up in my toys or stuffed animals that they seem alive.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

29. I feel like there are different people inside of me.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |

30. My body feels as if it doesn’t belong to me.
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |   |   |   |   |   |   |   |   |   |   |   |
   | (Never) | (Always) |
This questionnaire consists of twenty-eight questions about experiences that you may have in your daily life. We are interested in how often you have these experiences. It is important, however, that your answers show how often these experiences happen to you when you are not under the influence of alcohol or drugs.

To answer the questions, please determine to what degree the experience described in the question applies to you and circle the number to show what percentage of the time you have the experience.

EXAMPLE

| 0% (never) | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100% (always) |
Date ______________________

1. Some people have the experience of driving or riding in a car or bus or subway and suddenly realizing that they don’t remember what has happened during all or part of the trip. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

2. Some people find that sometimes they are listening to someone talk and they suddenly realize that they did not hear part or all of what was said. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

3. Some people have the experience of finding themselves in a place and having no idea how they got there. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

4. Some people have the experience of finding themselves dressed in clothes that they don’t remember putting on. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

5. Some people have the experience of finding new things among their belongings that they do not remember buying. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

6. Some people sometimes find that they are approached by people that they do not know who call them by another name or insist that they have met them before. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

7. Some people sometimes have the experience of feeling as though they are standing next to themselves or watching themselves do something and they actually see themselves as if they were looking at another person. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

8. Some people are told that they sometimes do not recognize friends or family members. Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation). Circle a number to show what percentage of the time this happens to you.

   0% 10 20 30 40 50 60 70 80 90 100%

10. Some people have the experience of being accused of lying when they do not think that they have lied. Circle a number to show what percentage of the time this happens to you.

    0% 10 20 30 40 50 60 70 80 90 100%
11. Some people have the experience of looking into a mirror and not recognizing themselves. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

12. Some people have the experience of feeling that other people, objects, and the world around them are not real. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

13. Some people have the experience of feeling that their body does not seem to belong to them. Circle a number to show what percentage of time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

14. Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event. Circle a number to show what percentage of time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

15. Some people have the experience of not being sure whether things that they remember happening really did happen or whether they just dreamed them. Circle a number to show the percentage of time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

16. Some people have the experience of being in a familiar place but finding it strange and unfamiliar. Circle a number to show the percentage of time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

17. Some people find that when they are watching television or a movie they become so absorbed in the story that they are unaware of other events happening around them. Circle a number to show the percentage of time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

18. Some people find that they become so involved in a fantasy or daydream that it feels as though it were really happening to them. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

19. Some people find that they sometimes are able to ignore pain. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

20. Some people find that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time. Circle a number to show what percentage of time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

21. Some people sometimes find that when they are alone they talk out loud to themselves. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%
22. Some people find that in one situation they may act so differently compared with another situation that they feel almost as if they were two different people. Circle a number to show what percentage of the time this happens to you.

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23. Some people sometimes find that in certain situations they are able to do things with amazing ease and spontaneity that would usually be difficult for them (for example, sports, work, social situations, etc.). Circle a number to show what percentage of the time this happens to you.

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24. Some people sometimes find that they cannot remember whether they have done something or have just thought about doing that thing (for example, not knowing whether they have just mailed a letter or have just thought about mailing it). Circle a number to show what percentage of the time this happens to you.

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25. Some people find evidence that they have done things that they do not remember doing. Circle a number to show what percentage of the time this happens to you.

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26. Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing. Circle a number to show what percentage of the time this happens to you.

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27. Some people sometimes find that they hear voices inside their head that tell them to do things or comment on things that they are doing. Circle a number to show what percentage of time this happens to you.

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28. Some people sometimes feel as if they are looking at the world through a fog so that people and objects appear far away or unclear. Circle a number to show what percentage of the time this happens to you.

|   | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |