

	Item
<p>INSTRUCTIONS</p> <p>You will be asked 60 questions about experiences you may have had in the past or are continuing to have in your life</p> <p>How often do you have the following experiences <i>when you are not under the influence of alcohol or drugs?</i></p> <p>Please enter:</p> <ul style="list-style-type: none"> - zero if the experience <i>never</i> happens to you - if it happens <i>sometimes</i> but not all the time, enter a number between 1 and 9 that best describes how often it happens to you - 10 if the experience is <i>always</i> happening to you 	1
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0 (never) 10 (always)	1	2	3	4	5	6	7	8	9
Forgetting what you did earlier in the day									
Having an emotion (e.g., fear, sadness, anger, happiness) that doesn't feel like it is "yours."									
Hearing the voice of a child in your head									
Reliving a traumatic event so vividly that you totally lose contact with where you actually are (that is, you think that you are "back there and then")									
Having difficulty swallowing (for no known medical reason)									
Having trance-like episodes where you stare off into space and lose awareness of what is going on around you									
Being told of things that you had recently done, but with absolutely no memory of having done those things									
Not remembering what you ate at your last meal-or even whether you ate									
Things around you feeling unreal									
Not being able to see for a while (as if you are blind) for no known medical reason									
Feeling very detached from your behavior as you "go through the motions" of daily life									
Feeling uncertain about who you really are									
Feeling that other people, objects, or the world around you are not real									
Being paralyzed or unable to move (for no known medical reason)									
Being so bothered by flashbacks that it was hard to get out of bed and face the day									
Not remembering large parts of your childhood after age 5									
Feeling disconnected from everything around you									
Not being able to hear for a while (as if you are deaf) (for no known medical reason)									
Feeling that pieces of your past are missing									
Immediately forgetting what other people tell you									
Having difficulty walking (for no known medical reason)									
Hearing a voice in your head that wants you to hurt yourself									
Feeling very confused about who you really are									
Feeling that important things happened to you earlier in your life, but you cannot remember them									
Feeling as if you were looking at the world through a fog so that people and objects felt far away or unclear									
Having seizures for which your doctor can find no reason									
Going into trance so much (or for so long) that it interferes with your daily activities and responsibilities									
Words just flowing from your mouth as if they were not in your control									
Feeling that there are large gaps in your memory									
Going into trance for hours									
Bad memories coming into your mind and you can't get rid of them									

Drifting into trance without even realizing that it is happening
Words come out of your mouth, but you didn't say them; you don't know where those words came from
Being able to remember very little of your past
When you are angry, doing or saying things that you don't remember (after you calm down)
Feeling that you have multiple personalities
Hearing a voice in your head that calls you names (e.g., wimp, stupid, whore, slut, bitch, etc.)
Poor memory causing serious difficulty for you
Having other people (or parts) inside you who have their own names
Reliving a past trauma so vividly that you see it, hear it, smell it, etc
Going into trance several days in a row
Discovering that you have changed your appearance (e.g., cut your hair, or changed your hairstyle, or changed what you are wearing, or put on cosmetics, etc.) with no memory of having done so
Being bothered or upset by how much you forget
Hearing a voice in your head that wants you to die
Suddenly finding yourself somewhere odd at home (e.g., inside the closet, under a bed, curled up on the floor, etc.) with no knowledge of how you got there
Feeling as if there is something inside you that takes control of your behavior and speech
Totally forgetting how to do something that you know very well how to do (e.g., how to drive, how to read, how to use the computer, how to play the piano, etc.)
Suddenly finding yourself somewhere (e.g., at the beach, at work, in a nightclub, in your car, etc.) with no memory of how you got there
Feeling that there is another person inside who can come out and speak if it wants
"Coming to" and finding that you have done something you don't remember doing (e.g., smashed something, cut yourself, cleaned the whole house, etc.)
Having difficulty staying out of trance
Suddenly not knowing how to do your job
Your body suddenly feeling as if it isn't really yours
Being bothered by flashbacks for several days in a row
Being confused or puzzled by your emotions
Hearing a voice in your head that tells you to "shut up"
Having another part inside that has different memories, behaviors, and feelings than you do
There were times when you "woke up" and found pills or a razor blade (or something else to hurt yourself with) in your hand
Hearing a voice in your head that calls you no good, worthless, or a failure
Having a very angry part that "comes out" and says and does things that you would never do or say



