

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 and homework that I don't remember doing.

0 1 2 3 4 5 6 7 8 9 10

3. I have strong feelings that don't seem like they are mine.

0 1 2 3 4 5 6 7 8 9 10

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

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

6. I feel like I'm in a fog or spaced out and things around me seem unreal.

0 1 2 3 4 5 6 7 8 9 10

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

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

9. I hear voices in my head that are not mine.

0 1 2 3 4 5 6 7 8 9 10

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

11. I am so good at lying and acting that I believe it myself.

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

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

0 1 2 3 4 5 6 7 8 9 10

21. It feels like there are walls inside of my mind.

0 1 2 3 4 5 6 7 8 9 10

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

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

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

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

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

27. I feel like my past is a puzzle and some of the pieces are missing.

0 1 2 3 4 5 6 7 8 9 10

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

29. I feel like there are different people inside of me.

0 1 2 3 4 5 6 7 8 9 10

30. My body feels as if it doesn't belong to me.

0 1 2 3 4 5 6 7 8 9 10