

# About your experiences

Please read the following items and rate how often you have experienced these over the past **two weeks**

Please note that this should **NOT** be whilst under the influence of drugs, alcohol or legal highs.

I find myself drifting off into my own world when I'm with others \*

Never

0

1

2

3

4

Always

I feel like an alien or a ghost \*

Never

0

1

2

3

4

Always

Things I've done many times before seem new or unfamiliar \*

Never

0

1

2

3

4

Always

My body feels numb \*

Never

0

1

2

3

4

Always

I feel detached from my emotions \*

Never

0

1

2

3

4

Always

My personality changes seemingly at random \*

Never

0

1

2

3

4

Always

I'm absorbed in my own world and don't notice what is happening around me \*

Never

0

1

2

3

4

Always

People I know seem unfamiliar \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

I feel disconnected from the world around me \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

My body (or parts of it) feels unreal or strange \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

I don't fully experience emotions \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

I feel disconnected from other people \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

I feel that to show I'm being attentive I will press the lowest option \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

I act like someone else without meaning to \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

I feel as though other people stop existing when I can't see them \*

Never ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 Always

Complete