

Affective Domain (13 Categories)	Description
Affective Flattening, Emotional Detachment, or Alexithymia	A narrowed or diminished affective range, a lack of affective charge, and/or an inability to identify/distinguish emotions.
Affective Lability	Rapid shifts in mood, mood swings, a increased range of emotions, or strong, unwarranted reactions to situations.
Agitation or Irritability	An agitated or irritable mood, possibly accompanied by restlessness, distractibility or uneasiness.
Change in Doubt, Faith, Trust, or Commitment	Changes (increase or decrease) in doubt, faith, trust or commitment in relation to religious doctrines, practices, goals, community or in relation to oneself in any dimension of life, such as self-confidence.
Crying or Laughing	Crying and laughing, and associated vocalizations.
Depression, Dysphoria, or Grief	Low, depressed, or sad moods, usually coupled with physical and behavioral manifestations that may or may not affect normal functioning.
Empathic or Affiliative Changes	Increased or decreased empathic connection to other people or to environmental stimuli.
Fear, Anxiety, Panic, or Paranoia	Feelings of fright or distress--with or without an external referent--and their corresponding physiological and behavior responses.
Positive Affect	A state of positive or elevated mood or energy level, ranging on a continuum from low to high arousal.
Rage, Anger, or Aggression	Feelings of intense displeasure or a retaliatory response, often caused by some adverse stimulus provoking an uncomfortable emotion.
Re-experiencing of Traumatic Memories or Affect Without Recollection	Either a recollection of some past traumatic event in the subject's life that may or may not have been repressed, and which is generally associated with strong emotions, or the upwelling of strong emotions without any corresponding memory, content, thought or other identifiable stimulus.
Self-Conscious Emotions	Emotions relating to one's sense of self and identity, as well as the awareness of reactions of others to oneself, whether real or imagined.
Suicidality	Affect-driven ideation concerning wanting to die, not wanting to continue with life, wishing to no longer being alive, thinking about taking one's own life, or thinking about or making specific plans for taking one's own life.

Cognitive Domain (10 Categories)	Description
Change in Executive Functioning	Either an inability to perform cognitive functions of decision making, concentration, and memory that the person used to be able to perform, or an enhanced ability in these domains of executive functioning.
Change in Worldview	A shift in ways of thinking about the nature of self or reality, including a change in understanding or confusion about the nature of self or reality.
Clarity	Reports of clarity or lucidity as a mental state, quality of attention, or quality of consciousness, in which there is a heightened cognition of relevant stimuli and a diminished interference from non-relevant stimuli.
Delusional, Irrational, or Paranormal Beliefs	Holding with conviction and being influenced by one or more beliefs despite evidence to the contrary. Ascriptions of significance or meaning that are later disregarded or that might seem unusual or concerning to members of the practitioner's broader culture or particular subculture. Attributions of paranormal agency, origin, or explanation for cognitive experiences.
Disintegration of Conceptual Meaning Structures	Percepts arise but are processed without their associated conceptual meaning, resulting in an inability to form conceptual representations of the perceptual world.
Increased Cognitive Processing	Primarily a cognitive change in thought amount or speed of cognitive processing, though the increase in processing often coincides with a decrease in sensory gating that leads to the impression of taking in or processing more perceptual information than usual.
Mental Stillness	An state in which there are few identifiable thoughts, a perceived absence of thought, or a poor awareness about the thinking process in general.
Meta-Cognition	Meta-cognition, or meta-awareness, refers to an explicit knowledge of the content of thoughts or the thinking process. Meta-cognition can also entail a higher-order cognition of processes in other domains of experience, such affective, perceptual, somatic or sense of self.
Scrupulosity	Obsessive thinking, specifically about moral or religious issues and behaviors.
Vivid Imagery	An experience of intense, vivid and/or clear thoughts or mental images that arise involuntarily, or a report of an increased ability to visualize.
Social Domain (5 Categories)	Description
Change in Relationship to Meditation Community	Changes in relationship with the meditation community (<i>Sangha</i>), whether increasing or decreasing degrees of affiliation with the community of teacher(s) and other practitioners.
Increased Sociality	Increased extraversion, social contact, friendships or other behavioral manifestations indicating an increased valuing of social engagement.
Integration Following Retreat or Intensive Practice	A destabilizing transition from intensive formal practice to informal practice, daily life, or life circumstances.
Occupational Impairment	An impaired ability to perform in an occupational environment.
Social Impairment	Behaviors indicative of a change in relationship to social networks or social situations that inhibits ordinary or desired functioning or level of engagement.

Perceptual Domain (7 Categories)	Description
Derealization	Surroundings are perceived as strange, unreal, or dreamlike, or perception is experienced as mediated by a fog, a lens, or some other filter that results in feeling cut off from the world.
Dissolution of Objects or Phenomena	The dissolving or complete disappearance of visual objects or the entire visual field.
Distortions in Time or Space	An alteration in the subjective experience of spatial boundaries or relations and/or temporal causality or sequencing.
Hallucinations, Visions, or Illusions	A hallucination is an experience of a percept that is not externally stimulated, is not shared by others, and is not taken to be veridical. When a visual percept that is not shared by others is taken to be veridical, it is a vision. An illusion involves a percept that is distorted, changed, or has features added to the raw percept.
Perceptual Hypersensitivity	Unusual or atypical sensitivity to certain frequencies or volumes of sound (hyperacusis), to color (hyperchromia), to visual details, to light, to taste, to smell, or to embodiment.
Somatosensory Changes	A change in proprioceptive information that affects one's perception of relative positions or dimensions of body parts or the body more generally.
Visual Lights	Experience of a light or lights in field of vision that are vivid but not the result of external stimuli.
Sense of Self Domain (6 Categories)	Description
Change in Self-Other or Self-World Boundaries	Expansion beyond or distortions in the typical sense of where the boundaries between self and other or self and world are delineated.
Change in Narrative Self	A report of a change in how the practitioner conceives of himself or herself as a person. Or, a change in the content of or their perspective on their story or personal identity.
Change in Sense of Embodiment	Feeling of being disembodied, located outside or at a distance from one's body, or located in an unusual location within one's body schema.
Loss of Sense of Agency	A loss of a sense of ownership or sense of control over one's actions.
Loss of Sense of Ownership	A loss of the usual sense of owning one's thoughts, body sensations, emotions, and/or memories.
Loss of Sense of Basic Self	A loss of the sense of existing, of being a self, or of having a self.
Conative Domain (3 Categories)	Description
Anhedonia or Avolition	Anhedonia is the inability to experience pleasure in activities previously found pleasurable. Avolition is the lack of drive or motivation to pursue goals previously valued as meaningful.
Change in Effort or Striving	The degree or intensity of attempts at pursuing something valued-as-good or as a means to a valued end. Effort may be mental, physical, or emotional.
Change in Motivation or Goal	The reasons, drives, and needs behind a practitioner's actions, which influence or determine their behavior, as well as their expectations concerning a particular behavior.

Somatic Domain (15 Categories)	Description
Appetitive or Weight Changes	Decreased or increased appetite, weight loss or gain.
Breathing Changes	Altered respiration rates that may manifest as a temporary cessation, or speeding up or slowing down of breathing.
Cardiac Changes	Irregular heartbeat, heart palpitations, or other significant irregularities.
Dizziness or Syncope	Dizziness, vertigo (feeling one is spinning or off-balance), lightheadedness (feeling one is about to faint), or syncope (a brief loss of consciousness and muscle strength, commonly called fainting, passing out or blacking out).
Fatigue or Weakness	A feeling of exhaustion, fatigue or weakness (general or localized).
Gastrointestinal Distress or Nausea	Gastrointestinal problems including (but not limited to) diarrhea, bloating, cramping, nausea and vomiting.
Headaches or Head Pressure	Ache, sharp pain, or pressure in the region of the head or neck.
Involuntary Movements	A motor movement usually under voluntary control that occurs without a conscious decision for movement.
Pain	Pain is an unpleasant physical sensation, either diffuse or acute, and lasting for variable amounts of time.
Parasomnias	Nightmares, vivid dreams, sleep paralysis or the alleviation of these symptoms.
Pressure, Tension or Release of Pressure, Tension	Bodily pressure or tension, or release of bodily pressure or tension, that can vary according to location (general or specific), intensity, or length of time.
Sexuality-Related Changes	Hypersexuality (very frequent or suddenly increased sexual urges or activity) or hyposexuality (notably decreased sexual urges or activity).
Sleep Changes	Changes in sleep amount, sleep need, or sleep depth.
Somatic Energy	A type of sensation moving throughout the body or throughout a body area described with language of vibration, energy, current, or other related metaphors.
Thermal Changes	Changes associated with heat or cold, whether a general change in sense of body temperature or localized to a specific body area.