Have you ever heard voices that other people don't seem to hear?

1. "Yes, I hear voices talking to me, even when I'm alone. They say things that make me uncomfortable."
2. "I sometimes hear people calling my name or having conversations, but when I look around, no one is there."
3. "Yeah, I hear them all the time."
4. "It's like there's a whole other world going on inside my head, and sometimes it spills out into the real one."
5. "They can be really loud and clear, like someone's whispering right in my ear, or they can be more distant, like voices in a crowd."
6. "It's hard to explain, but it feels completely real."
7. "Sometimes they're nice, offering advice or encouragement."
8. "Other times, they're mean, saying terrible things about me."
9. "They can command me to do stuff, or just keep a constant commentary running in the background."
10. "It's exhausting trying to sort out what's real and what's not."
11. "Most people don't understand, and they think I'm crazy when I try to tell them."
12. "It's lonely."
13. "They are telling me the truth."
14. "It guides me always."

Do you ever feel like people are watching you or plotting against you?

1. "Yes, I often feel like my neighbors are watching me and reporting my actions to someone."
2. "I think my coworkers are secretly meeting to discuss how to get me fired."
3. "Yeah, all the time."
4. "It's like I'm being watched, you know?"
5. "Every little thing I do, someone's noticing."
6. "Someone looking at me."
7. "I can feel their eyes on me, even when there's no one around."
8. "It's creepy."
9. "Sometimes, I think they're planning something, like they're going to hurt me or someone I love."
10. "It's hard to shake the feeling."
11. "I try to ignore it, but it's always there, lurking in the background."
12. "It makes it tough to trust anyone, even people who care about me."
13. "All these people are waiting to put me down."
14. "I can’t go anywhere."
15. "People are judging my every move."
16. "There are times when I think people are talking about me, or even plotting against me."
17. "I catch myself looking over my shoulder, wondering if someone is following me. "

Do you have difficulty distinguishing between what is real and what isn't?

1. "Yes, sometimes I can't tell if the things I see or hear are real or just in my mind."
2. "There are moments when I'm not sure if the events happening around me are actually occurring or if I'm imagining them."
3. "It's like living in a fog, you know?"
4. "Sometimes it's clear."
5. "But then there are these other times when everything's just...off."
6. "I see things that aren't there, hear voices, and believe things that probably aren't true."
7. "It's like my brain is playing tricks on me."
8. "It's really scary and confusing."
9. "I never know when it's going to happen, and it makes it hard to trust myself or anyone else."
10. "I have to check the things again after I done it."
11. "It feels like there are two worlds."
12. "Someone is watching me or controlling my thoughts."
13. "My mind is racing ahead, jumping to conclusions."
14. "It’s hard to ignore them."
15. "I see things others can’t or hear voices that no one else can hear."

Have you noticed significant changes in your ability to think clearly or concentrate?

1. "Yes, my thoughts often feel jumbled."
2. "I can't focus on tasks like I used to."
3. "It's really hard for me to concentrate on reading or watching TV because my mind keeps wandering."
4. "Yeah, it's like my brain is in overdrive."
5. "One minute I'm thinking about a million things at once, and the next, I can't focus on anything."
6. "It's like there's too much noise in my head."
7. "Sometimes, I get lost in my thoughts and lose track of what I'm doing."
8. "It's hard to keep up with conversations or remember simple things."
9. "It feels like my mind is playing tricks on me."
10. "It's exhausting trying to stay focused."
11. "I find myself getting lost or missing important parts."
12. " It's frustrating."
13. "I know I'm capable of more, but it feels like my brain is working against me."
14. "It's like there's a constant noise in my mind, making it difficult to focus."
15. "Sometimes, words get mixed up in my head, and it takes extra effort to find the right ones."
16. "Thoughts that used to be clear and easy to follow now feel scattered and distant."
17. "It's hard to concentrate on one thing for very long."
18. "It's like my mind has become a fog."

Do you find it hard to keep up with daily activities or maintain relationships because of unusual thoughts or behaviors?

1. " Yes, I've been having trouble keeping up with my job."
2. "My relationships are suffering because of my strange thoughts."
3. "I can't maintain a routine or keep in touch with friends because I feel so disconnected and my behaviors seem odd to others."
4. "Definitely. It's a constant struggle."
5. "The voices and strange thoughts can really throw me off track."
6. "I used to be able to hold down a job and have friends, but now it's hard to even get out of bed some days."
7. "I find myself isolating because I'm afraid of what people might think of me or how I might act."
8. "Even simple tasks like taking a shower or cooking a meal can be overwhelming because of the voices or strange ideas in my head."
9. "It's like there's a constant battle going on inside me, and I'm losing."
10. "Simple things like getting dressed or making breakfast can feel like impossible tasks."
11. "It's hard to focus on what needs to be done when my mind is racing in a different direction."
12. "It’s a constant struggle."
13. "I want to connect with people, but it’s difficult to maintain conversations when I'm preoccupied with unusual ideas."
14. "People often misunderstand me and it feels like I'm pushing them away"
15. "I've lost friends because of it. It's a lonely feeling."
16. "The voices or strange thoughts take over, and I lose track of time."