

The Curious Experiences Survey

Here are some experiences that people have in their daily lives. We are interested in how often you have these experiences (when you are not under the influence of alcohol or drugs). Please use the following scale for your responses.

- 1 = This never happens to me.
- 2 = This occasionally happens to me.
- 3 = This sometimes happens to me.
- 4 = This frequently happens to me.
- 5 = This is almost always happening to me.

- _____ 1. Had the experience of feeling as though I was standing next to myself, or watching myself as if I were look at a different person.
- _____ 2. Had the experience of looking in a mirror and not recognizing myself.
- _____ 3. Had the experience of feeling that other people, objects, and the world around me were not real.
- _____ 4. Had the experience of feeling that my body did not belong to me.
- _____ 5. Had the experience of remembering a past event so vividly that it felt like I was reliving that event.
- _____ 6. Had the experience of not being sure whether things I remember happening really did happen or whether I just dreamed them.
- _____ 7. Had the experience of being in a familiar place but finding it strange and unfamiliar.
- _____ 8. Feeling that I became so involved in a fantasy or daydream that it felt like it was really happening to me.
- _____ 9. Find that I sometimes sit staring off in space, thinking of nothing, and am not aware of the passage of time.
- _____ 10. Find that in one situation I act so differently from when I'm in another situation that I felt almost as if I were two different people.
- _____ 11. Find that in certain situations I am able to do things with amazing ease and spontaneity that would usually be difficult for me.
- _____ 12. Found that I could not remember whether I had done something or had just thought about doing that thing.
- _____ 13. Found evidence that I had done things that I did not remember doing.
- _____ 14. Found that I hear voices inside my head that told me to do things or that commented on things that I was doing.
- _____ 15. Felt as though I was looking at the world through a fog so that people or objects appeared far away or unclear.
- _____ 16. Felt like I was dreaming when I was awake.
- _____ 17. Felt like I was disconnected from my body.