



Larson
Clinic

Name		#	
Date		Score	

Dissociative Experiences Scale

Able to ignore pain	<input type="radio"/>	Missing part of a conversation	<input type="radio"/>
Usually difficult things can be done with ease and spontaneity	<input type="radio"/>	Losing things in plain sight	<input type="radio"/>
Not sure whether one has done something or only thought about it	<input type="radio"/>	Absorption in television program or movie	<input type="radio"/>
Remembering past so vividly one seems to be reliving it	<input type="radio"/>	Finding evidence of having done things one can't remember doing	<input type="radio"/>
Talking out loud to oneself when alone	<input type="radio"/>	Staring into space	<input type="radio"/>
Not sure if remembered event happened or was a dream	<input type="radio"/>	Seeing oneself as if looking at another person	<input type="radio"/>
Feeling as though one were two different people	<input type="radio"/>	So involved in fantasy that it seems real	<input type="radio"/>
Driving a car and realizing one doesn't remember part of the trip	<input type="radio"/>	Not remembering important events in one's life	<input type="radio"/>
Being in a familiar place but finding it unfamiliar	<input type="radio"/>	Being accused of lying when one is telling the truth	<input type="radio"/>
Finding notes or drawings that one must have done but doesn't remember doing	<input type="radio"/>	Being approached by people one doesn't know who call one by a different name	<input type="radio"/>
Hearing voices inside one's head	<input type="radio"/>	Looking at the world through a fog	<input type="radio"/>
Other people and objects do not seem real	<input type="radio"/>	Not recognizing friends or family members	<input type="radio"/>
Finding unfamiliar things among one's belongings	<input type="radio"/>	Feeling as though one's body is not one's own	<input type="radio"/>
Finding oneself in a place but unaware of how one got there	<input type="radio"/>	Finding oneself dressed in clothes one doesn't remember putting on	<input type="radio"/>
Not recognizing one's reflection in a mirror	<input type="radio"/>	Can't remember why one opened a cupboard or the 'fridge	<input type="radio"/>

Notes: