

# APPENDIX A

## *The Hiss Questionnaire*

### **HOLISTIC INVENTORY OF STIMULUS SENSITIVITIES**

Rev. VI.A. — 2/99

**The ASP Project  
Orient, New York**

Some line items in the “Holistic Inventory of Stimulus Sensitivities” were adapted from various sources, including:

- “Dissociative Experiences Survey (DES)” — Eve Carlson & Frank Putnam. 1986
- “Experiences of Absorption Survey” — Auke Telegren & Gilbert Atkinson. 1974
- “Hartmann Boundary Questionnaire” — Ernest Hartmann. 1991
- “Inventory of Childhood Memories & Imaginings (ICMI)” — Steven Lynn & Judith Rhue. 1986.
- “Kiersey Temperament Sorter” — David Kiersey & Marilyn Bates. 1984.
- “Myers-Briggs Type Indicator - Abbreviated (MBTI)” — Consulting Psychologists Press. 1983
- “Myers-Briggs Type Indicator - Form J (MBTI)” — Consulting Psychologists Press. 1984.
- “Omega Home Environment Questionnaire” — Kenneth Ring. 1992.
- “Physio-Kundalini Syndrome Index” — Bruce Greyson. 1993.
- “Unusual Personal Experiences (‘The Roper Poll’)” — Bigelow Holding Corporation. 1992.

# HOLISTIC INVENTORY OF STIMULUS SENSITIVITIES

Rev. VI.A. —2/99

## ADMINISTRATIVE USE ONLY

Reference Info: \_\_\_\_\_

Notations: \_\_\_\_\_

Current Date: \_\_\_\_\_ Address: \_\_\_\_\_

Name: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

### GENERAL:

*Instructions: This inventory is designed to help develop an awareness of your sensitivities to a variety of stimuli in several different areas including the physiological, the immunological, the neurological, the psychological, and the “transpersonal”. Your results may be useful to you in understanding the ways you react to things, in managing stress, and in making effective choices about your lifestyle. There are no “right” or “wrong” responses.*

*There are two major sections, each with three parts, and each part has its own set of instructions. Begin with Section I, Part A, and move through the sections and parts, in the order in which they appear, until you have completed Section II, Part C. Completion time should be about forty minutes, preferably all in one sitting. A long break, such as overnight, could adversely affect the validity of your results. If you need to take a brief break, try to do so at the end of a part.*

*Please mark your responses to each statement clearly. Editorial comments, while perhaps helpful to you in relieving tension, cannot be scored. Feel free to make them if you wish, but be sure to circle the appropriate letter or number response as well. A red ballpoint pen is the ideal writing instrument to use, but is not required.*

### SECTION I: PERSONAL & FAMILIAL DATA

*Instructions: In this section, which has three parts (A, B, and C), you are asked to respond (generally by circling a letter or number response option in the right-side columns) to statements about yourself and/or your relatives. The method of responding in each of the three parts varies, so please read the instructions for each part carefully.*

*Please respond to all of the statements even if “it depends” and/or you are not absolutely sure of the precisely accurate response. When asked to select among specified response options, pick one and only one of the options. If your most accurate response would fall between two options, pick that one option of the two which is the more accurate.*





**Part B: Historical**

*Instructions: In this part, respond to each statement by circling that single response option number which most accurately reflects the statement’s applicability to you. The specified meaning for each response option number is as follows:*

- 0 = Definitely does not apply to me.*
- 1 = Generally does not apply to me.*
- 2 = Minimally applies to me.*
- 3 = Generally applies to me.*
- 4 = Definitely applies to me.*

STATEMENT:	RESPONSE:
18. I have/had chronic severe headaches (e.g.: migraines, clusters, etc.). .....	0 1 2 3 4
19. I have/had chronic sinus problems (i.e., infections, post-nasal drip, etc.). .....	0 1 2 3 4
20. I have/had a chronic food intolerance/food allergy. ....	0 1 2 3 4
21. I have/had a chronic atopic disorder/allergy (e.g.: asthma, hay fever, hives, eczema). .....	0 1 2 3 4
22. I have/had chronically low blood pressure. ....	0 1 2 3 4
23. I have/had a chronically low “normal” body temperature. ....	0 1 2 3 4
24. I have/had a chronic low thyroid condition (hypothyroidism). ....	0 1 2 3 4
25. I have/had a chronic high thyroid condition (hyperthyroidism). ....	0 1 2 3 4
26. I have/had a chronic low blood sugar condition (hypoglycemia). ...	0 1 2 3 4
27. I have/had a chronic high blood sugar condition (diabetes). ....	0 1 2 3 4
28. I have/had a chronic gastrointestinal disorder (e.g.: regional ileitis, ulcerative colitis, celiac disease). .....	0 1 2 3 4
29. I have/had a chronic autoimmune disorder (e.g.: myasthenia gravis, rheumatoid arthritis, lupus erythematosus). .....	0 1 2 3 4
30. I have/had a chronic unusual health problem (e.g.: Lyme disease, Epstein-Barr virus, chronic fatigue syndrome, fibromyalgia). ....	0 1 2 3
31. I have/had a chronic sleep disorder (e.g.: insomnia, hypersomnia, myoclonus, sleepwalking, nightmares, narcolepsy, apnea, etc.). ....	0 1 2 3 4
32. I have/had a chronic developmental learning disorder (e.g.: dyslexia, Tourette’s syndrome, attention deficit disorder, etc.).	0 1 2 3 4
33. I have/had a chronic developmental speech disorder (e.g.: delayed speech, stuttering, hesitation, lisp, etc.). ....	0 1 2 3 4

**Part C: Familial**

*Instructions: In this part, you are asked to provide information about your first-degree biological relatives — parents, siblings, and offspring ... only those to whom you are genetically related. Half-siblings qualify, but adopted- or step-siblings (or children, or parents) do not. If an individual is deceased, respond for when s/he was living. If you are uncertain about something, respond to the best of your ability.*

*Each statement should be read as if it were preceded by the words “I believe, as compared to the population at large, a higher than ‘normal’ percentage of these relatives ...”*

*Respond to each statement by circling that single response option number which most accurately reflects the statement’s applicability to you. “Accuracy” in responding has more to do with your subjective perception than it does with objective reality. The specified meaning for each response option number is as follows:*

- 0 = Definitely does not apply to me.*
- 1 = Generally does not apply to me.*
- 2 = Minimally applies to me.*
- 3 = Generally applies to me.*
- 4 = Definitely applies to me.*

STATEMENT:

RESPONSE:

[“A higher than ‘normal’ percentage of these relatives ...”]

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 34. ...have/had very fair or fair complexions. ....                            | 0 | 1 | 2 | 3 | 4 |
| 35. ...have/had blue, gray, or green eyes. ....                                | 0 | 1 | 2 | 3 | 4 |
| 36. ...have/had naturally red or blond hair. ....                              | 0 | 1 | 2 | 3 | 4 |
| 37. ...are/were left-handed or ambi-dexterous. ....                            | 0 | 1 | 2 | 3 | 4 |
| 38. ... have/had a chronic learning disorder and/or<br>a speech disorder. .... | 0 | 1 | 2 | 3 | 4 |

CONTINUE ON TO SECTION II.

**SECTION II: EXPERIENCES & PREFERENCES**

*Instructions: In this section, which has three parts (A, B, and C), you are asked to respond (by circling a number in the right-side columns) to statements having to do with your experiences and preferences . The meanings specified for the response option numbers in “Part A” differ from the meanings specified for the response option numbers in “Part B” and “Part C”, so be sure to read the instructions for each part carefully.*

*Please respond to all of the statements even if “it depends” and/or you are not absolutely sure of the precisely accurate response. When asked to select among specified response options, pick one and only one of the options. If your most accurate response would fall between two options, pick that one option of the two which is the more accurate. “Accuracy” in responding has more to do with your subjective perception than it does with objective reality. Your responses should reflect only those times when you were not under the influence of drugs or alcohol.*

*Read each statement carefully, but don’t spend too much time deciding on your response. Remember, your initial response is likely to be the more accurate one, so please don’t review and “correct” your responses later.*

**Part A: Applicability**

*Instructions: In this part, respond to each statement by circling that single response option number that most accurately reflects the statement’s applicability to you. The specified meaning for each response option number is as follows:*

- 0 = Definitely does not apply to me.*
- 1 = Generally does not apply to me.*
- 2 = Minimally applies to me.*
- 3 = Generally applies to me.*
- 4 = Definitely applies to me.*

STATEMENT:	RESPONSE:
1. I believe I am more sensitive to loud noises than the average person. ...0	1 2 3 4
2. Growing up, I was not one of the “popular” kids. ....0	1 2 3 4
3. I tend to think in concrete, practical terms. ....0	1 2 3 4
4. I tend to have trouble following verbal instructions. ....0	1 2 3 4
5. I don’t care to know what other people really think of me. ....0	1 2 3 4
6. I spend a lot of time putting my personal thoughts and feelings on paper (e.g.: journals, poems, pictures, songs) .....0	1 2 3 4
7. In the morning, I wake up easily and am quickly fully alert. ....0	1 2 3 4
8. I have a lot of difficulty doing rote memorization. ....0	1 2 3 4
9. At least once, I have become temporarily blind, deaf, paralyzed, or numb without any logical medical explanation .....0	1 2 3 4
10. Sometimes I feel happy and sad all at once. ....0	1 2 3 4

0 = definitely does not apply; 1 = generally does not apply; 2 = minimally applies;  
 3 = generally applies; 4 = definitely applies

STATEMENT:	RESPONSE:
11. I believe I am more sensitive to temperature and/or humidity extremes than the average person. .... 0	1 2 3 4
12. I am more drawn to “the touching” than I am to “the convincing.” ..... 0	1 2 3 4
13. It is very difficult for me to imagine myself as an animal or what being an animal might be like. .... 0	1 2 3 4
14. I have a tendency to start things and then not finish them. .... 0	1 2 3 4
15. I like to keep my options open as long as possible, not making decisions until I absolutely must. .... 0	1 2 3 4
16. My dreams are often so vivid as to later be indistinguishable from waking reality. .... 0	1 2 3 4
17. I can easily maintain my focus and concentration without being distracted. .... 0	1 2 3 4
18. Daydreaming has been an effective tool in solving many of my problems. . .... 0	1 2 3 4
19. When I am “stressed out,” I develop physical symptoms (e.g.: ulcers, headaches, hives, asthma, heart palpitations). .... 0	1 2 3 4
20. I am especially fond of the color magenta. .... 0	1 2 3 4
21. I believe I am more sensitive to bright lights and/or flashing lights than the average person. .... 0	1 2 3 4
22. If I were a teacher, I would rather teach theory courses than fact courses. .... 0	1 2 3 4
23. When emotionally drained, I can best recharge by spending time with a group of friends ..... 0	1 2 3 4
24. When several people are talking, I tend to have difficulty focusing on just one person’s words. .... 0	1 2 3 4
25. I am a list maker. .... 0	1 2 3 4
26. I believe I would be a good psychotherapist. .... 0	1 2 3 4
27. Generally speaking, I am quite well coordinated. .... 0	1 2 3 4
28. I have/had trouble counting change and/or balancing a checkbook. ... 0	1 2 3 4
29. I have/had unusual reactions to coffee or tea. .... 0	1 2 3 4
30. At least once, from a medical perspective, I almost died. .... 0	1 2 3 4
31. I believe I am more sensitive to colors than the average person. .... 0	1 2 3 4
32. I can be more impressed by people’s emotions than by their principles. .... 0	1 2 3 4
33. I have not always been honest with myself. .... 0	1 2 3 4
34. I have trouble organizing my thoughts and/or setting priorities ..... 0	1 2 3 4
35. My strengths lie more in dealing with the unexpected than they do in following detailed plans. .... 0	1 2 3 4
36. Others sometimes comment that I seem to be off in another world. . 0	1 2 3 4

0 = definitely does not apply; 1 = generally does not apply; 2 = minimally applies;  
 3 = generally applies; 4 = definitely applies

STATEMENT:	RESPONSE:
37. My approach toward others tends to be more objective than it is personal. ....	0 1 2 3 4
38. I am emotionally quite sensitive. ....	0 1 2 3 4
39. I have/had unusual reactions to alcohol. ....	0 1 2 3 4
40. The phrase “mel-tahn-doe” (phonetic spelling) stimulates unusual feelings in me. ....	0 1 2 3 4
41. I believe I am more sensitive to thunderstorms than the average person. ....	0 1 2 3 4
42. Within my group, I’m among the last to know what everybody is doing. ....	0 1 2 3 4
43. I am better served by having a strong sense of reality than I am by having a vivid imagination. ....	0 1 2 3 4
44. In reading, I tend to mix up letters like p and q or numbers like 2 and 5. ....	0 1 2 3 4
45. When I am aware that other people are talking privately, I make it a point never to eavesdrop. ....	0 1 2 3 4
46. I can sense another person’s thoughts or feelings with nothing being said. ....	0 1 2 3 4
47. I believe I had an easier childhood than most people. ....	0 1 2 3 4
48. Over the course of a normal week, I recall several of my dreams. ...	0 1 2 3 4
49. I have/had unusual reactions to marijuana. ....	0 1 2 3 4
50. I have experienced one or more electrical shocks sufficiently severe to have physiological consequences (i.e., knockdown, unconsciousness, etc.) ....	0 1 2 3 4
51. I believe I am more sensitive to crowds than the average person. ...	0 1 2 3 4
52. I am more interested in possibilities than I am in facts and data. ....	0 1 2 3 4
53. I have a very clear and distinct sense of time. ....	0 1 2 3 4
54. I have a tendency to get confused between left and right. ....	0 1 2 3 4
55. I do not like surprises and/or changes in routine. ....	0 1 2 3 4
56. As a child, I lived in a make-believe world much/most of the time. ....	0 1 2 3 4
57. I generally have an easy time memorizing things by rote. ....	0 1 2 3 4
58. I would rather be known for my sensitivity than for my reasonableness. ....	0 1 2 3 4
59. My senses tend to get jumbled up together (i.e., sounds seem to have a color, textures to have a tone, or tastes to have a shape). ....	0 1 2 3 4
60. I especially like the smell of damp fur. ....	0 1 2 3 4
61. I believe I am more sensitive to rhythmic sounds than the average person. ....	0 1 2 3 4
62. There are very few people with whom I can get along really well. ...	0 1 2 3 4
63. I don’t always know the reasons why I do the things I do. ....	0 1 2 3 4
64. In reading, I tend to make mistakes like reading “unclear” as “nuclear.” ....	0 1 2 3 4
65. I never take things that don’t belong to me. ....	0 1 2 3 4

0 = definitely does not apply; 1 = generally does not apply; 2 = minimally applies;  
 3 = generally applies; 4 = definitely applies

STATEMENT:	RESPONSE:
66. I am very attuned to other people's feelings. ....	0 1 2 3 4
67. I find daydreaming to be a waste of time. ....	0 1 2 3 4
68. I tend to be highly distractible and/or easily sidetracked. ....	0 1 2 3 4
69. Sometimes I experience colors as having "sounds" or "tonal qualities." .....	0 1 2 3 4
70. I have experienced one or more traumas with significant psychological consequences (e.g.: being raped, seeing somebody killed, being in a fire). ....	0 1 2 3 4
71. I believe I am more sensitive to fluorescent lights than the average person. ....	0 1 2 3 4
72. I believe there are times when "common sense" is anything but ....	0 1 2 3 4
73. In making decisions, I tend to be guided more by reason, logic, and objective standards than by subjective feelings and personal values..	0 1 2 3 4
74. I tend to get confused about the order of the letters in the alphabet.	0 1 2 3 4
75. Making lists would cramp my style. ....	0 1 2 3 4
76. I vividly "remember" things I know couldn't "really" have happened. ....	0 1 2 3 4
77. I am pretty adept at handling routine mathematical things like balancing a checkbook or dealing with cash. ....	0 1 2 3 4
78. I drop things and/or bump into things a lot. ....	0 1 2 3 4
79. Sometimes, a piece of music will stimulate a "light show" in my mind. ....	0 1 2 3 4
80. I am especially drawn to things that have a hexagonal (six-sided) shape. ....	0 1 2 3 4
81. I believe I am more sensitive to textures and/or tactile sensations than the average person. ....	0 1 2 3 4
82. I am generally more interested in what people have to say about concepts and ideas than in what they have to say about people, places, and things. ....	0 1 2 3 4
83. I am more a practical sort of person than I am an imaginative sort. ....	0 1 2 3 4
84. I read very slowly and/or often lose my place when reading. ....	0 1 2 3 4
85. I prefer to make decisions as quickly as practicable rather than keeping my options open as long as possible. ....	0 1 2 3 4
86. I have/had a well-developed talent/ability in one or more of the arts (i.e., musical, graphic, literary, dramatic). ....	0 1 2 3 4
87. I have a "thick skin" — my feelings are not easily hurt . ....	0 1 2 3 4
88. I am more likely to be personal than objective in my approach to others. ....	0 1 2 3 4
89. I am bothered by chronic body pain (especially in the joints, neck, back). ....	0 1 2 3 4
90. I believe I've had "more than my share of" serious accidents, injuries, and/or illnesses. ....	0 1 2 3 4

0 = definitely does not apply; 1 = generally does not apply; 2 = minimally applies;  
 3 = generally applies; 4 = definitely applies

STATEMENT:	RESPONSE:
91. I believe I am more sensitive to psychological stress than the average person. .... 0	1 2 3 4
92. I tend to identify with other people so strongly that I take on their emotions, problems, or illnesses as my own. .... 0	1 2 3 4
93. At times, I have taken unfair advantage of other people. .... 0	1 2 3 4
94. My spelling is terrible. .... 0	1 2 3 4
95. Surprises/unexpected events are, for me, a welcome change from routine. .... 0	1 2 3 4
96. When I'm speaking, my mind sometimes goes blank and/or I lose my train of thought. .... 0	1 2 3 4
97. I seldom recall my dreams. .... 0	1 2 3 4
98. I had a difficult, complicated, and/or stressful childhood. .... 0	1 2 3 4
99. I can easily recapture an event in memory and relive it as if I were there. .... 0	1 2 3 4
100. I believe I've had "more than my share of" hospitalizations and/or major surgeries. .... 0	1 2 3 4
101. I believe I am more sensitive to moving water than the average person. ... 0	1 2 3 4
102. I have deep friendships with very few people rather than broad friendships with many different people. .... 0	1 2 3 4
103. I can remember (almost) nothing, from before I was three years old. ... 0	1 2 3 4
104. I have trouble following directions and/or often get lost. .... 0	1 2 3 4
105. I find I deal better with detailed plans than I do with the unexpected. .... 0	1 2 3 4
106. I have done "inspirational writing" (i.e., poems, prayers, songs, etc.) and felt it wasn't I who was doing the writing. .... 0	1 2 3 4
107. In relating to others, I believe that reasonableness takes one further than does sensitivity. .... 0	1 2 3 4
108. In the morning, it takes a few minutes before I am sure I'm really awake. .... 0	1 2 3 4
109. I can vividly re-experience physical sensations in my imagination (i.e., a gentle breeze, soft fur, cool grass, the warmth of the sun, etc.) ..... 0	1 2 3 4
110. Sometimes, for no apparent reason, I have "attacks" of panic or anxiety. . . . . 0	1 2 3 4
111. I believe I'm more sensitive to smells and/or tastes than the average person. .... 0	1 2 3 4
112. In doing something challenging which others have done before, I like to invent my own way rather than following the "tried and true" method. .... 0	1 2 3 4

## Part B: Frequency

*Instructions: In this part, some statements address your perceptions of how you were treated by your parents or primary caretakers. If you were raised by somebody other than one or both of your biological parents, please respond in terms of the person(s) who had primary responsibility for your upbringing. Where a statement refers to the behavior of both caretakers and they differed in their behavior, respond in terms of that caretaker whose behavior was the more severe or worse.*

*Respond to each statement by circling that single response option number that most accurately reflects the frequency with which you have had the experience referred to in the statement. Each statement should be read as if it were preceded by the words, "At times,..." , and each response option should be read as if it were preceded by the words "I have (had) this experience..." . The specified meaning for each response option number is as follows:*

*["I have (had) this experience ..."]*

*0 = Never*

*1 = Rarely*

*2 = Occasionally*

*3 = Often*

*4 = Regularly*

STATEMENT: ["At times ..."]	RESPONSE: ["I have (had) this experience ..."]
113. ... growing up, I was physically mistreated. ....	0 1 2 3 4
114. ... I have blank spells and do things without conscious awareness. ....	0 1 2 3 4
115. ... I have experienced episodes of twitching, jerking, shaking, or vibrating in my body and/or extremities. ....	0 1 2 3 4
116. ... growing up, I experienced traumatic or upsetting sexual experiences that I couldn't talk about with adults. ....	0 1 2 3 4
117. ... I have experienced episodes of staring off into space, thinking of nothing, and being unaware of the passage of time. ....	0 1 2 3 4
118. ... I have trouble distinguishing my inner reality from outer reality. ....	0 1 2 3 4
119. ... I have experienced "flashbacks" (i.e., where memories come flooding back all at once—sometimes in ways that are overwhelming). ....	0 1 2 3 4
120. ... electrical or electronic equipment will malfunction in my presence. ....	0 1 2 3 4
121. ... for no apparent reason, I experience sudden intense feelings of ecstasy, bliss, peace, love, devotion, joy, or cosmic harmony. ....	0 1 2 3 4
122. ... I have experienced the feeling that I was actually flying through the air, although I didn't know why or how. ....	0 1 2 3 4
123. ... growing up, when I was punished, I understood the reason(s) why. ....	0 1 2 3 4
124. ... for no apparent reason, my body seems to change size and/or shape. ....	0 1 2 3 4

0 = never; 1 = rarely; 2 = occasionally; 3 = often; 4 = regularly

STATEMENT:	RESPONSE:				
[“At times ...”]	[“I have (had) this experience ...”]				
125. ... I have heard internal sounds — such as ringing, buzzing, whistling, or chirping — with no logical explanation for them. ....	0	1	2	3	4
126. ... growing up, my relationship with a parent(s) involved a sexual experience(s). ....	0	1	2	3	4
127. ... in the early morning hours (@2:00 AM to 4:00 AM), I have unusual experiences that are especially meaningful to me. ....	0	1	2	3	4
128. ... I have gone from one room to another, then forgotten why I went .....	0	1	2	3	4
129. ...for no apparent reason, I have experienced a strong, unpleasant taste in my mouth. ....	0	1	2	3	4
130. ... for no logical reason, my fingernails grow unusually fast. ....	0	1	2	3	4
131. ... my breathing will spontaneously become rapid, or shallow, or deep, or even stop altogether for an extended period of time. ....	0	1	2	3	4
132. ... I have found puzzling scars on my body and neither I nor anyone else could remember how or where I got them. ....	0	1	2	3	4
133. ... growing up, I was severely punished when I didn’t follow the rules. ....	0	1	2	3	4
134. ... I have had the feeling that I was no longer real, or not the same person, or that I had suddenly become changed, distorted, or transformed. . ....	0	1	2	3	4
135. ... for no apparent reason, feelings of extreme heat or cold move through my body. ....	0	1	2	3	4
136. ... I engaged in sexual activity with an adult before I was 14 years old. ....	0	1	2	3	4
137. ... I have experienced some person, place, or situation as being strangely familiar — despite my never having been exposed to it before. ....	0	1	2	3	4
138. ... I have sensed, with no “ordinary” way of knowing, that someone I cared about was in danger or hurt, and I later found out it was true. ....	0	1	2	3	4
139. ... for no logical reason, I have experienced the sensation of smelling a strong unpleasant odor (e.g.: sewage, ammonia, “rotten eggs”). ....	0	1	2	3	4
140. ... electric lights mysteriously turn on, off, or blow out in my presence. ....	0	1	2	3	4
141. ... inner voices distract me from what other people are saying. ....	0	1	2	3	4
142. ... I have experienced a period of an hour or more, in which I was apparently lost, but I could not remember why, or where I had been. ....	0	1	2	3	4
143. ... growing up, when punished, I felt “the punishment fit the crime.”. ....	0	1	2	3	4
144. ... I have found myself in some place or situation and have been unable to figure out how I got there. ....	0	1	2	3	4
145. ... for no apparent reason, I have experienced the sensation of tickling, itching, or crawling under my skin. ....	0	1	2	3	4

0 = never; 1 = rarely; 2 = occasionally; 3 = often; 4 = regularly

STATEMENT:	RESPONSE:				
[“At times ...”]	[“I have (had) this experience ...”]				
146. ... growing up, I was told to ignore or overlook things I knew were true. ....	0	1	2	3	4
147. ... for no apparent reason, I have had the strong feeling of being watched by an unseen “presence.” .....	0	1	2	3	4
148. ... I experience things as if they were “more real than real.” .....	0	1	2	3	4
149. ... for no logical reason, I have felt rising or sinking sensations in my stomach — as if I were on a roller coaster or an elevator. ....	0	1	2	3	4
150. ... growing up, my parents accused me of lying when I knew I was not. ....	0	1	2	3	4
151. ... I experience energy discharges or currents flowing through my body. ....	0	1	2	3	4
152. ... I have had the experience of waking up paralyzed with a sense of a strange person or presence or something else in the room. ....	0	1	2	3	4
153. ... growing up, my parents hit or beat me when I did not expect it. ....	0	1	2	3	4
154. ... for no logical reason, a person, place, or thing will seem to me to have suddenly become changed, distorted, or transformed. ....	0	1	2	3	4
155. ... I have heard a voice calling my name or repeating a phrase and have been uncertain whether it was real or imagined. ....	0	1	2	3	4
156. ... growing up, I felt disliked, unwanted, or emotionally neglected by one or both of my parents. ....	0	1	2	3	4
157. ... I have experienced a familiar person, place, or situation as being unfamiliar, different, or changed — almost as if I ‘d never been exposed to it before. ....	0	1	2	3	4
158. ... I don’t know if I have actually done something, or have just thought about doing it (e.g.: mailing a letter). ....	0	1	2	3	4
159. ... I have experienced unexplained episodes of dizziness/loss of balance. ....	0	1	2	3	4
160. ... I experience noticeable physical sensations around electrical transmission lines and/or electrical/electronic equipment. ....	0	1	2	3	4
161. ... my body will spontaneously assume and hold strange positions. ....	0	1	2	3	4
162. ... I have seen lights or balls of light without knowing what was causing them or where they came from. ....	0	1	2	3	4
163. ... growing up, when I was punished, I felt I deserved it. ....	0	1	2	3	4
164. ... people whom I feel certain I don’t know will insist that we have met before and/or call me by a name other than my own. ....	0	1	2	3	4
165. ... I have experienced the sensation of my consciousness leaving my physical body and being able to see my body from another location. ....	0	1	2	3	4

### Part C: Transpersonal Experiences

*Instructions: In this part, you are asked to provide information about your personal experiences of the “transpersonal” (“anomalous”, “metaphysical”, or “paranormal”) kind. Respond to each statement by circling that single response option number that most accurately reflects the frequency with which you have had the experience. Spontaneous experiences should be weighted more heavily than those that were deliberately cultivated — use your best judgment in responding. Each statement should be read as if it were preceded by the words “With respect to ...”, and each response should be read as if it were preceded by the words “I have (had) this experience ...”. The specified meaning for each response option number is as follows:*

*[“I have (had) this experience ...”]*

*0 = Never*

*1 = Rarely*

*2 = Occasionally*

*3 = Often*

*4 = Regularly*

STATEMENT:

RESPONSE:

[“With respect to ...”]

[“I have (had) this experience ...”]

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 166. <i>Déjà-vu</i> : (the strong feeling that one has experienced some person, place, or situation before, even though the experience is, “in reality,” occurring for the first time.) .....  | 0 | 1 | 2 | 3 | 4 |
| 167. Synchronicity: (the occurrence of a pattern of significant events, apparently causally unrelated, the connections among which seem to be too meaningful to be mere coincidence.) .....  | 0 | 1 | 2 | 3 | 4 |
| 168. Telepathy: (transmission and/or reception of thoughts with another person without normal communication or clues.) .....   | 0 | 1 | 2 | 3 | 4 |
| 169. Precognition: (accurate knowledge of an event that will take place in the future and could not be predicted by logical means.) .....  | 0 | 1 | 2 | 3 | 4 |
| 170. Psychic dream: (a dream which matches in detail an event the dreamer did not know about or have reason to expect at the time of the dream.) .....   | 0 | 1 | 2 | 3 | 4 |
| 171. Clairvoyance/Clairaudience/Clairsentience: (accurate awareness of events at a distance which are not available to usual sensory impressions.) .....   | 0 | 1 | 2 | 3 | 4 |
| 172. Psychic healing: (healing of an injury or illness through non-physical means such as prayer, meditation, laying on of hands, therapeutic touch, etc.) .....   | 0 | 1 | 2 | 3 | 4 |
| 173. Psychokinesis: (the causing of changes in the location or state of a physical object—metal bending, fire starting, things falling to the floor, etc. — through no “natural” physical means.) .....  | 0 | 1 | 2 | 3 | 4 |
| 174. Electrical psychokinesis: (the influencing of electrical and/or electronic equipment — causing lights to go on and off, causing malfunctions in watches, calculators, computers, etc. — through no “natural” physical means.) .....                             | 0 | 1 | 2 | 3 | 4 |
| 175. Out-of-body experience: (the sense that one’s consciousness or mind has moved outside the physical body to a different location and the body can actually be seen from that location — other than during a near-death experience which is covered below.) ..... | 0 | 1 | 2 | 3 | 4 |

0 = never; 1 = rarely; 2 = occasionally; 3 = often; 4 = regularly

STATEMENT:	RESPONSE:				
["With respect to ..."]	["I have (had) this experience ..."]				
176. Past-life recall: (the recollection of details and/or emotions of what apparently was another lifetime occurring before the experiencer was born into her/his current body.) .....	0	1	2	3	4
177. Contact with spirit guides: (mental contact with "spirits" or "higher beings" in which the individual receives information or guidance while remaining aware of what is happening.) .....	0	1	2	3	4
178. Mediumistic episode: (communication of information or guidance by a "spirit" using the voice — "trance channeling," or hand — "automatic writing," of the experiencer who is in a trance and has little awareness afterwards of what was communicated.) ....	0	1	2	3	4
179. Apparition: (a vision, while awake, of another person, living or dead, who is not physically, or "objectively," present.) .....	0	1	2	3	4
180. UFO sighting: (the observation of a UFO—"flying saucer"— and/or its occupants without actual contact taking place.) .....	0	1	2	3	4
181. Alien contact: (actual contact with "extraterrestrial beings" — often involving being taken aboard a UFO — frequently against the experiencer's will.) .....	0	1	2	3	4
182. Spirit possession: (the feeling that another consciousness— demon, spirit, soul of someone living or dead — is attempting to take over control of the experiencer's body and will.) .....	0	1	2	3	4

*Instructions: For the following item only, circle "0" if you have never had the experience, circle "3" if you have had the experience once, and circle "4" if you have had the experience two or more times.*

183. Near-death experience: (coming very close to death— and experiencing such classical NDE phenomena as leaving the body, journeying through a tunnel, entering a world of light, perceiving a presence, etc.—but ultimately surviving). .....	0			3	4
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*Instructions: In the space provided below, please make whatever comments you feel are appropriate about your experience of completing this inventory:*

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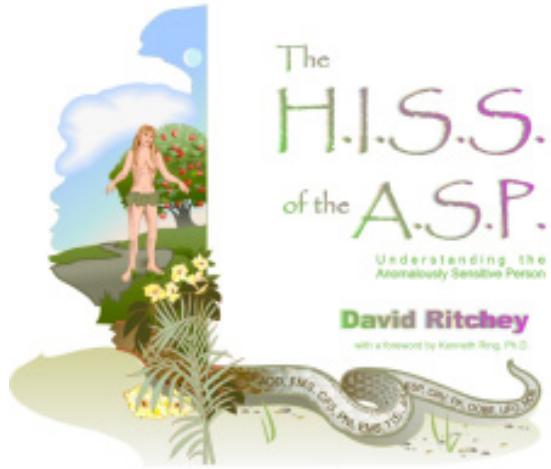
THE END — THANK YOU!

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