### **ABSORPTION**

# AMNESIA DEPER/DEREAL

## FANTASY PRONE

#### INFLUENCE OF EGO STATES

# **DISSOCIATIVE EXPERIENCES SCALE (DES)**

Putnam & Carlson's: Drs, Eve Bernstein Carlson and Frank W. Putnam created the DES. This unofficial color coded version of the DES was added by Dr. George A. Fraser (Ottawa) to help therapists better understand the intent of the DES. This color coded version is not intended to be given to clients.

Re: Fantasy Proneness, look up "Fantasy Prone Personality (Barber & Wilson) on internet.

Re: #21: This is important when the talking 'Out Loud' is in response to internal voices.

NAME:						DATE:_				_AGE:	
											e. We are interested in how often you
											when you <u>are not</u> under the influence
									cribed in t	he questi	on applies to you and circle the number
to show what per	-	the time	you have th	ne experi	ience. <b>Ens</b>	ure both si	ides are c	ompleted.			
Example	• •										
	0%	10	20	30	40	<b>(50)</b>	60	70	80	90	100%
	(never)										(Always)
	, ,										· · · · · · · · · · · · · · · · · · ·
1 Some neonle	have the	evnerie	nce of driv	vina a c	ar and suc	denly res	lizina tha	t they don	't remem	her who	at has happened during all or part
of the trip. Circle									it remen	DCI WIII	atrias happened during all or part
or the trip. Offore	0%	10	20	30	40	50	60	70	80	90	100%
	0 70	.0		00	10	00	00	. 0	00	00	10070
2. Some people	find that	sometim	es thev a	re listeni	ina to son	neone talk	and the	v suddenly	realize	that thev	did not hear all or part of what
w as said. Circle										,	·
	0%	10	20	30	40	50	60	70	80	90	100%
					mselves ir	n a place a	and havin	ng no idea	how the	y got the	ere. Circle a number to show what
percentage of the											
	0%	10	20	30	40	50	60	70	80	90	100%
					mselves d	ressed in	clothes t	hat they do	on't reme	ember pu	utting on. Circle a number to show
w hat percentage					40	<b>50</b>	00	70	00	00	4000/
	0%	10	20	30	40	50	60	70	80	90	100%
E Cama naanla	have the	avnaria	naa of fina	lina nou	, things o	mana thai	r balanair	aga that th	ov do pe	t raman	har buying Cirala a number to
						nong mei	belongii	igs mai m	iey do no	or remem	ber buying. Circle a number to
show what perc	0%	10	20	30	40	50	60	70	80	90	100%
	0 /0	10	20	30	40	30	00	70	80	90	100 /6
6 Some neonle	sometime	find the	at they are	annros	ached by i	neonle tha	at they do	not know	w ho cal	I them h	another name or insist that they
have met them										1 (110111 10)	dionion name of molecular may
navo mot ulom	0%	10	20	30	40	50	60	70	80 80	90	100%
	0 70	.0		00	10	00	00	. 0	00	00	10070
7. Some people	sometime	s have	the exper	ience of	feeling a	s though t	hey are s	standing n	ext to the	emselves	or watching themselves do
											this happens to you.
_	0%	10	20	30	40	50	60	70	80	90	100%
			sometime	s do no	t recogniz	ze friends	or family	members.	Circle a	number	to show what percentage of the
time this happer	ns to you.										
	0%	10	20	30	40	50	60	70	80	90	100%
							ents in the	eir lives (fo	or examp	le; awe	dding, or graduation) Circle a
number to show						•					
	0%	10	20	30	40	50	60	70	80	90	100%
40.0											
					cused of ly	ing when	they do r	not think th	nat they	nave lied	. Circle a number to show what
percentage of the			_		40	<b>F</b> 0	00	70	00	00	4000/
	0%	10	20	30	40	50	60	70	80	90	100%
11 Come need	a hava th	0 0VD0ri	onaa of la	مانامم نام	a mirrar	and not ro		th ama alu	oo Cirol		our to about what narrountage of
the time this ha			ence or lo	oking in	aminora	and not re	cognizing	memselv	es. Circi	e a num	per to show what percentage of
une une uns na	0%	10	20	30	40	50	60	70	80	90	100%
	0 70	10	20	30	40	30	00	70	00	30	100 70
12 Some neonl	e sometin	ne have	the exper	ience of	f feeling th	at other r	neonle of	niects and	the wo	rld aroun	d them are not real. Circle a
number to show							Joopio, Oi	ojooto, and	. uio wo	a ar our	a them are not real. On old a
	0%	10	20	30	40	50	60	70	80	90	100%
	J / U	.5	_5	-	.0				-		. 5575
13. Some people	e sometim	nes havo	e the expe	erience o	of feeling	that their	body does	s not belor	na to the	m. Circle	a number to show what
percentage of the							, 200		J 12 10	2 3.0	
	0%	10	20	30	40	50	60	70	80	90	100%

14. Some people Circle a number								o vividly t	hat they	feel as if	they were reliving that even	t.
GITOIC A HUITIDEI	0%	10	20	30	40	50 50	60	70	80	90	100%	
15. Some people	have the	experien	ice of not	being su	ire w heth	er things	that they	remember	r happer	ning really	did happen or whether the	У
just dreamed the	m. Circle a	a number	to show	w hat per	rcentage o	of this ha	ppens to	you.				
	0%	10	20	30	40	50	60	70	80	90	100%	
16. Some people percentage of the				ng in a fa	amiliar plad	ce but fin	ıding it str	range and	l unfamilia	ar. Circle	a number to show what	
	0%	10	20	30	40	50	60	70	80	90	100%	
17. Some people events happening											ry that they re unaw are of th	ne
overte happening		10	20	30	40	50	60	70	80 80	90 90	100%	
			_				_	ydream t	hat it feel	s as thou	gh it were really happening	to
them. Circle a nu	mber to sl 0%	<mark>how wha</mark> 10	at percenta 20	age of the	<mark>e time this</mark> 40	happen: 50	s to you.	70	80	90	100%	
19. Some people you.	find that t	hey are	sometimes	s able to	ignore pa	ain. Circle	e a numbe	er to show	w hat pe	ercentage	of the time this happens to	,
,	0%	10	20	30	40	50	60	70	80	90	100%	
							king noth	ing and a	re not av	v are of the	e passage of time. Circle a	
number to show	<mark>w hat perc</mark> 0%	<mark>entage o</mark> 10	f the time 20	this hap	<mark>pens to y</mark> 40	<mark>ou.</mark> 50	60	70	80	90	100%	
21. Some people time this happens	to you.										to show what percentage o	of the
	0%	10	20	30	40	50	60	70	80	90	100%	
22. Some people find that in one situation they may act so differently compared with another situation that they feel almost as if they were different people/ Circle a number to show what percentage of the time this happens to you.											re	
an for one people/	0%	10	20	30	40	50	60	70	80	90	100%	
23. Some people sometimes find that in certain situations they are able to do things with amazing ease and spontaneity that would usually be difficult for them (for example, sports, work, social situations, etc). Circle a number to show what percentage of the time this happens to you.												
	0%	10	20	30	40	50	60	70	80	90	100%	
	know ing	w hether	they have								thought about doing that thi a number to show what	ing
portioniage or the		10	20 you.	30	40	50	60	70	80	90	100%	
25. Some people	find evide	ence that	they hav	e done tl	nings that	they do	not remen	nber doin	g. Circle	a number	to show what percentage	of
the time this hap	•		20	20	40	50	00	70	00	00	4000/	
	0%	10	20	30	40	50	60	70	80	90	100%	
26. Some people show what perce											per doing. Circle a number t	to
	0%	10	20	30	40	50	60	70	80	90	100%	
27. Some people Circle a number t		-						them to de	o things o	or comme	nt on things that they are do	oing.
On Ole a Hullibel	0%	10	20	30	40	50 yc	60	70	80	90	100%	
								so that p	eople or	objects a	ppear far aw ay or unclear.	
Circle a number 1	to show w 0%	hat perce 10	entage of 20	the time	this happed	ens to yo 50	ou. 60	70	80	90	100%	