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DISSOCIATION INDICATORS CHECKLIST*

Name _____ Date _____

THE STRONGEST INDICATORS

- _____ 1. Amnesia – missing time, events, or periods of time; blank spots; forgetting recent events
- _____ 2. Headaches or dizziness of sudden onset
- _____ 3. Flashbacks – reliving traumatic experiences
- _____ 4. Reports of hearing inner voices
- _____ 5. History of sleep disturbances

A score of 2 or more in this section indicates DID

THE COMPLETE CHECKLIST

PERSONALITY CHARACTERISTICS

- _____ 1. High intelligence
- _____ 2. High creativity, like music, writing, drama, dance or art
- _____ 3. High ability to visualize
- _____ 4. Urgency about time – a rush to get through therapy, or a general urgency in life
- _____ 5. A sense of extreme deprivation – feeling that they have been “ripped off” for much of their life
- _____ 6. High need to be acceptable in all circumstances

A score of 4 or more in this section strongly suggests DID

CLINICAL OBSERVATIONS

- ____ 7. Secretiveness or refusal to reveal certain experiences
- ____ 8. Amnesia – forgets a part of the current session
- ____ 9. Headaches or dizziness of sudden onset
- ____ 10. Internal dialogue or internal messages
- ____ 11. Sudden shift in mood or voice
- ____ 12. Flashback – reliving traumatic experiences

A score of 4 or more in this section strongly suggests DID

OUTSIDE DATA

- ____ 13. Uneven achievement in school
- ____ 14. Reports of hearing inner voices
- ____ 15. History of sleep disturbances
- ____ 16. Difficulty finding their parked car
- ____ 17. Indecision about which clothes to wear
- ____ 18. Denial of actions that were clearly observed by others

A score of 4 or more in this section strongly suggests DID

*Based on a study reported in *Uncovering the Mystery of MPD*, by James G. Friesen, Ph.D.
For copies of this book, call (818) 893-4463

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