DISSOCIATION INDICATORS CHECKLIST*

Name __________________________________________________ Date ______________

THE STRONGEST INDICATORS

a score of 2 or more indicates the high likelihood of DID

_____ 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

THE COMPLETE CHECKLIST

a score of 4 or more in each section strongly suggests DID

PERSONALITY CHARACTERISTICS

<table>
<thead>
<tr>
<th></th>
<th>DID GROUP</th>
<th>CONTROLS</th>
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<tbody>
<tr>
<td>1. High intelligence</td>
<td>19/19</td>
<td>14/25</td>
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<tr>
<td>2. High creativity, like music, writing, drama, dance or art</td>
<td>17/19</td>
<td>4/25</td>
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<tr>
<td>3. High ability to visualize</td>
<td>16/19</td>
<td>7/25</td>
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<td>4. Urgency about time – a rush to get through therapy, or a general urgency in life</td>
<td>18/19</td>
<td>4/25</td>
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<td>5. A sense of extreme deprivation – feeling that they have been “ripped off” for much of their life</td>
<td>16/19</td>
<td>3/25</td>
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<tr>
<td>6. High need to be acceptable in all circumstances</td>
<td>17/19</td>
<td>3/25</td>
</tr>
</tbody>
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CLINICAL OBSERVATIONS

_____ 7. Secretiveness or refusal to reveal certain experiences | 15/19 | 2/25 |
_____ 8. Amnesia – forgets a part of the current session | 17/19 | 2/25 |
_____ 9. Headaches or dizziness of sudden onset | 14/19 | 2/25 |
_____ 10. Internal dialogue or internal messages | 17/19 | 1/25 |
_____ 11. Sudden shift in mood or voice | 19/19 | 3/25 |
_____ 12. Flashback – reliving traumatic experiences | 15/19 | 3/25 |

OUTSIDE DATA

_____ 13. Uneven achievement in school | 15/19 | 4/25 |
_____ 14. Reports of hearing inner voices | 17/19 | 0/25 |
_____ 15. History of sleep disturbances | 19/19 | 1/25 |
_____ 16. Difficulty finding their parked car | 12/19 | 0/25 |
_____ 17. Indecision about which clothes to wear | 12/19 | 1/25 |
_____ 18. Denial of actions that were clearly observed by others | 13/19 | 0/25 |

*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. This page may be reproduced for personal or for clinical use.