

# DISSOCIATION INDICATORS CHECKLIST

## THE STRONGEST INDICATORS

a score of 2 or more out of 5 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 out of 5 in each section strongly suggests DID

### PERSONALITY CHARACTERISTICS

### DID GROUP CONTROLS

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

### 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. Regular difficulty finding their parked car	12/19	0/25
_____ 17. Extreme 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.

This page may be reproduced for personal or for clinical use