

Rocky Mountain Trauma Recovery
Jennifer Sorensen, LCMHC

Dissociative Experiences Scales (DES)

Client Name : _____

Date : _____

This questionnaire consists of twenty-eight questions about experiences that you may have in your daily life. We are interested in how often you have these experiences. It is important, however, that your answers show how often these experiences happen to you when you are not under the influence of alcohol or drugs. To answer the questions, please determine to what degree the experience described in the question applies to you and select the number to show what percentage of the time you have the experience. 100% means 'always', 0% means 'never' with 10% increments in between. This assessment is not intended to be a diagnosis.

1. Some people have the experience of driving a car and suddenly realizing that they don't remember what has happened during all or part of the trip.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

2. Some people find that sometimes they are listening to someone talk and they suddenly realize that they did not hear all or part of what was said.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

3. Some people have the experience of finding themselves in a place and having no idea how they got there.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

4. Some people have the experience of finding themselves dressed in clothes that they don't remember putting on.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

5. Some people have the experience of finding new things among their belongings that they do not remember buying.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

6. Some people sometimes find that they are approached by people that they do not know who call them by another name or insist that they have met them before.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

7. Some people sometimes have the experience of feeling as though they are standing next to themselves or watching themselves do something as if they were looking at another person.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

8. Some people are told that they sometimes do not recognize friends or family members.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation).

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

10. Some people have the experience of being accused of lying when they do not think that they have lied.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

11. Some people have the experience of looking in a mirror and not recognizing themselves.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

12. Some people sometimes have the experience of feeling that other people, objects, and the world around them are not real.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

13. Some people sometimes have the experience of feeling that their body does not belong to them.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

14. Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

15. Some people have the experience of not being sure whether things that they remember happening really did happen or whether they just dreamed them.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

16. Some people have the experience of being in a familiar place but finding it strange and unfamiliar.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

17. Some people find that when they are watching television or a movie they become so absorbed in the story that they are unaware of other events happening around them.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

18. Some people sometimes find that they become so involved in a fantasy or daydream that it feels as though it were really happening to them.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

19. Some people find that they are sometimes able to ignore pain.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

20. Some people find that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

21. Some people sometimes find that when they are alone they talk out loud to themselves.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

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.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

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.).

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

24. Some people sometimes find that they cannot remember whether they have done something or have just thought about doing that thing (for example, not knowing whether they have just mailed a letter or have just thought about mailing it).

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

25. Some people find evidence that they have done things that they do not remember doing.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

26. Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

27. Some people find that they sometimes hear voices inside their head that tell them to do things or comment on things that they are doing.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

28. Some people sometimes feel as if they are looking at the world through a fog so that people or objects appear far away or unclear.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

Bernstein EM, Putnam FW (1986). "Development, reliability, and validity of a dissociation scale". J. Nerv. Ment. Dis. 174 (12): 727-35.

Frischholz, E.J. et al The dissociative experiences scale: further replication and validation. Dissociation, Vol. III, September 1990.