

The Curious Mind Questionnaire (CMQ)

Instructions: Please check the box that best applies for each question.

Answer options: Yes No I Don't Know I Prefer Not to Say

Disclaimer: This is one of the many questionnaires that Chubby Einstein had to fill out during his stay at the institution. This one when he was 21 years old.

It is not intended for self-diagnosis. If you have mental health concerns, seek help from a professional. The same applies if you are concerned about someone in your surroundings.

1. I often talk to my plants as if they were people. Yes No I Don't Know I Prefer Not to Say

2. I can start a day without checking my blood pressure. Yes No I Don't Know I Prefer Not to Say

3. I sometimes invent words and expect people to understand them. Yes No I Don't Know I Prefer Not to Say

4. I have imagined alternative endings to last week's grocery shopping. Yes No I Don't Know I Prefer Not to Say

5. I occasionally wear mismatched or colorful socks. Yes No I Don't Know I Prefer Not to Say

6. I remember people's birthdays without social media reminders. Yes No I Don't Know I Prefer Not to Say

7. I enjoy creating lists of imaginary errands. Yes No I Don't Know I Prefer Not to Say

8. I talk to animals even when no one else is around. Yes No I Don't Know I Prefer Not to Say

9. I often imagine conversations I should have had. Yes No I Don't Know I Prefer Not to Say

10. I have rearranged furniture in my home in my mind before doing it. Yes No I Don't Know I Prefer Not to Say

11. I enjoy counting things for no reason. Yes No I Don't Know I Prefer Not to Say

12. I notice small details that others often miss. Yes No I Don't Know I Prefer Not to Say

13. I have a habit of talking to myself while performing tasks. Yes No I Don't Know I Prefer Not to Say

14. I often imagine unlikely scenarios happening to strangers. Yes No I Don't Know I Prefer Not to Say

15. I enjoy making small things symmetrical for fun. Yes No I Don't Know I Prefer Not to Say

16. I have favorite "secret" spots in public spaces. Yes No I Don't Know I Prefer Not to Say

17. I sometimes rehearse conversations in my head before speaking. Yes No I Don't Know I Prefer Not to Say

18. I often notice patterns in random events. Yes No I Don't Know I Prefer Not to Say

19. I enjoy drawing or doodling without purpose. Yes No I Don't Know I Prefer Not to Say

20. I talk to inanimate objects as if they were alive. Yes No I Don't Know I Prefer Not to Say

21. I have imaginary friends I still remember vividly. Yes No I Don't Know I Prefer Not to Say

22. I sometimes create stories about people I see on the street. Yes No I Don't Know I Prefer Not to Say

23. I often try to guess other people's thoughts or intentions. Yes No I Don't Know I Prefer Not to Say

24. I have collections of objects that others might find unusual. Yes No I Don't Know I Prefer Not to Say

25. I enjoy imagining what it would be like to live in different time periods. Yes No I Don't Know I Prefer Not to Say

26. I sometimes imagine objects moving on their own. Yes No I Don't Know I Prefer Not to Say

27. I enjoy creating imaginary conversations for pets or animals. Yes No I Don't Know I Prefer Not to Say

28. I often try to predict the ending of movies before watching them. Yes No I Don't Know I Prefer Not to Say

29. I sometimes notice coincidences that feel meaningful. Yes No I Don't Know I Prefer Not to Say

30. I enjoy imagining alternative uses for everyday objects. Yes No I Don't Know I Prefer Not to Say

31. I often visualize tasks in my head before doing them. Yes No I Don't Know I Prefer Not to Say

32. I sometimes whisper to myself while reading or writing. Yes No I Don't Know I Prefer Not to Say

33. I like imagining myself in unusual or impossible scenarios. Yes No I Don't Know I Prefer Not to Say

34. I have favorite smells that remind me of specific memories. Yes No I Don't Know I Prefer Not to Say

35. I sometimes rearrange words or sentences in my head for fun. Yes No I Don't Know I Prefer Not to Say

36. I occasionally imagine historical figures doing modern things. Yes No I Don't Know I Prefer Not to Say

37. I often imagine conversations between strangers on the street. Yes No I Don't Know I Prefer Not to Say

38. I like creating small mental games to pass the time. Yes No I Don't Know I Prefer Not to Say

39. I often imagine alternative lives for myself. Yes No I Don't Know I Prefer Not to Say

40. I notice tiny imperfections and details that others miss. Yes No I Don't Know I Prefer Not to Say

41. I enjoy imagining fantastical worlds or creatures. Yes No I Don't Know I Prefer Not to Say

42. I sometimes talk to myself in different accents or voices. Yes No I Don't Know I Prefer Not to Say

43. I often notice patterns in numbers, letters, or shapes. Yes No I Don't Know I Prefer Not to Say

44. I enjoy thinking about what would happen if unlikely events occurred. Yes No I Don't Know I Prefer Not to Say

45. I often create mental "maps" of places I visit. Yes No I Don't Know I Prefer Not to Say

46. I sometimes assign personalities to objects around me. Yes No I Don't Know I Prefer Not to Say

47. I enjoy imagining conversations I would have in other situations. Yes No I Don't Know I Prefer Not to Say

48. I sometimes imagine songs or stories that do not exist. Yes No I Don't Know I Prefer Not to Say

49. I have imagined objects or machines that could not exist. Yes No I Don't Know
 I Prefer Not to Say

50. I sometimes imagine my future self in very different circumstances. Yes No I
Don't Know I Prefer Not to Say

51. I sometimes imagine my favorite objects having secret lives. Yes No I Don't
Know I Prefer Not to Say

52. I enjoy planning stories in my head while waiting in line. Yes No I Don't
Know I Prefer Not to Say

53. I sometimes pretend I am in a different time period. Yes No I Don't Know I
Prefer Not to Say

54. I often imagine what animals are thinking. Yes No I Don't Know I Prefer
Not to Say

55. I enjoy creating mental puzzles or riddles for myself. Yes No I Don't Know I
Prefer Not to Say

56. I sometimes imagine objects reacting to emotions. Yes No I Don't Know I
Prefer Not to Say

57. I often invent stories to explain unusual events. Yes No I Don't Know I Prefer Not to Say

58. I enjoy imagining conversations between fictional characters. Yes No I Don't Know I Prefer Not to Say

59. I sometimes imagine myself as a character in a book or movie. Yes No I Don't Know I Prefer Not to Say

60. I occasionally assign feelings to inanimate objects. Yes No I Don't Know I Prefer Not to Say

61. I enjoy imagining what my life would be like in another country. Yes No I Don't Know I Prefer Not to Say

62. I sometimes imagine unlikely events in my daily routine. Yes No I Don't Know I Prefer Not to Say

63. I often notice details in objects that others overlook. Yes No I Don't Know I Prefer Not to Say

64. I like imagining alternative endings to real-life events. Yes No I Don't Know I Prefer Not to Say

65. I sometimes imagine objects communicating with each other. Yes No I Don't Know I Prefer Not to Say

66. I enjoy mentally experimenting with "what if" scenarios. Yes No I Don't Know I Prefer Not to Say

67. I sometimes create imaginary competitions between characters or objects. Yes No I Don't Know I Prefer Not to Say

68. I like imagining unusual ways objects could move or change. Yes No I Don't Know I Prefer Not to Say

69. I sometimes imagine what would happen if I switched lives with someone. Yes No I Don't Know I Prefer Not to Say

70. I often imagine humorous or absurd scenarios in daily life. Yes No I Don't Know I Prefer Not to Say

71. I enjoy imagining secret histories for ordinary objects. Yes No I Don't Know I Prefer Not to Say

72. I sometimes imagine conversations I wish I had. Yes No I Don't Know I Prefer Not to Say

73. I enjoy imagining inventions that do not exist. Yes No I Don't Know I Prefer Not to Say

74. I sometimes imagine how objects would behave if they were alive. Yes No I Don't Know I Prefer Not to Say

75. I have seriously considered dyeing my hair the color of spaghetti just to see if it improves my social life. Yes No I Don't Know I Prefer Not to Say

76. I have imagined wearing socks on my hands to match my personality. Yes No I Don't Know I Prefer Not to Say

77. I have stared at my reflection and wondered if my eyebrows are plotting against me. Yes No I Don't Know I Prefer Not to Say

78. I have attempted to balance fruit on my head to improve my posture. Yes No I Don't Know I Prefer Not to Say

79. I have imagined my nose as a tiny antenna receiving signals from aliens. Yes No I Don't Know I Prefer Not to Say

80. I have considered painting my toenails in rainbow patterns to communicate with squirrels. Yes No I Don't Know I Prefer Not to Say

81. I have wondered if my ears are secretly judging my fashion choices. Yes No I Don't Know I Prefer Not to Say

82. I have imagined wearing a hat shaped like a teapot to enhance my charisma. Yes No I Don't Know I Prefer Not to Say

83. I have tried to style my hair to look like a famous food item. Yes No I Don't Know I Prefer Not to Say

84. I have checked if my shadow reflects my "true beauty" more accurately than a mirror. Yes No I Don't Know I Prefer Not to Say

85. I have wondered if wearing socks of mismatched lengths makes me more creative. Yes No I Don't Know I Prefer Not to Say

86. I have considered carrying a magnifying glass to admire my own freckles in public. Yes No I Don't Know I Prefer Not to Say

87. I have imagined my hands as tiny celebrities deserving autograph sessions. Yes No I Don't Know I Prefer Not to Say

88. I have thought about wearing shoes on the wrong feet just to see if anyone notices. Yes No I Don't Know I Prefer Not to Say

89. I have contemplated painting my eyebrows with glow-in-the-dark paint for dramatic effect. Yes No I Don't Know I Prefer Not to Say

90. I enjoy imagining magical or fantastical elements in everyday life. Yes No I Don't Know I Prefer Not to Say

91. I sometimes imagine what life would be like with different rules or physics. Yes No I Don't Know I Prefer Not to Say

92. I enjoy creating imaginary worlds in my mind. Yes No I Don't Know I Prefer Not to Say

93. I sometimes imagine objects having secret powers. Yes No I Don't Know I Prefer Not to Say

94. I enjoy imagining alternative scenarios for historical events. Yes No I Don't Know I Prefer Not to Say

95. I sometimes imagine myself in fantastical or impossible situations. Yes No I Don't Know I Prefer Not to Say

96. I enjoy imagining objects behaving in unexpected ways. Yes No I Don't Know I Prefer Not to Say

97. I sometimes imagine secret adventures for people I know. Yes No I Don't Know I Prefer Not to Say

98. I often imagine humorous or strange "what if" scenarios. Yes No I Don't Know I Prefer Not to Say

99. I sometimes imagine objects reacting to music or sounds. Yes No I Don't Know I Prefer Not to Say

100. I enjoy imagining hidden worlds inside ordinary objects. Yes No I Don't Know I Prefer Not to Say

Ah, ik snap het! Je wilt dat **de lijn onder de antwoordopties staat**, niet onder de vraag. Ik pas het meteen aan:

101. I sometimes imagine conversations I will never have.

Yes No I Don't Know I Prefer Not to Say

102. I enjoy imagining how ordinary events could turn extraordinary.

Yes No I Don't Know I Prefer Not to Say

103. I sometimes feel that people are watching me or talking about me when I'm not around.

Yes No I Don't Know I Prefer Not to Say

104. I enjoy imagining magical solutions to everyday problems.

Yes No I Don't Know I Prefer Not to Say

105. I sometimes imagine what others are doing or thinking about me when I'm not there.

Yes No I Don't Know I Prefer Not to Say

106. I sometimes avoid adult responsibilities by imagining myself in fantastical or childlike situations.

Yes No I Don't Know I Prefer Not to Say

107. I enjoy imagining absurd or impossible inventions.

Yes No I Don't Know I Prefer Not to Say

108. I sometimes imagine conversations between characters I create, as if they have secrets about me.

Yes No I Don't Know I Prefer Not to Say

109. I sometimes wish I could escape adult life and live in a world of adventure or eternal youth.

Yes No I Don't Know I Prefer Not to Say

110. I sometimes avoid making important decisions because I prefer to daydream or imagine adventures.

Yes No I Don't Know I Prefer Not to Say

111. I sometimes feel unready or unwilling to take on adult responsibilities.

Yes No I Don't Know I Prefer Not to Say

112. I enjoy spending time in activities or hobbies that feel childlike or whimsical.

Yes No I Don't Know I Prefer Not to Say

113. I sometimes wish I could escape obligations and live in a world of fun and imagination instead.

Yes No I Don't Know I Prefer Not to Say

114. I sometimes resist routines, schedules, or structured plans because they feel restrictive.

Yes No I Don't Know I Prefer Not to Say

115. I sometimes rely on others to handle responsibilities I feel unprepared for.

Yes No I Don't Know I Prefer Not to Say

116. I sometimes imagine that life could be more exciting if I never had to grow up.

Yes No I Don't Know I Prefer Not to Say

117. I sometimes feel more comfortable in imaginary or playful situations than in serious adult settings.

Yes No I Don't Know I Prefer Not to Say

118. I sometimes feel angry at people for no clear reason.

Yes No I Don't Know I Prefer Not to Say

119. I sometimes imagine hurting someone when I am very angry.

Yes No I Don't Know I Prefer Not to Say

120. I sometimes feel upset when I see animals being treated badly.

Yes No I Don't Know I Prefer Not to Say

121. I sometimes get frustrated or angry at myself for things I cannot control.

Yes No I Don't Know I Prefer Not to Say

122. I sometimes feel the need to shout, hit, or act aggressively when I am very frustrated.

Yes No I Don't Know I Prefer Not to Say

123. I sometimes feel compassion or anger on behalf of animals more strongly than for humans.

Yes No I Don't Know I Prefer Not to Say

124. I sometimes imagine scenarios where I or others use force to solve problems.

Yes No I Don't Know I Prefer Not to Say

125. I sometimes imagine conversations I could never have. Yes No I Don't Know I Prefer Not to Say

125. I sometimes imagine controlling situations that feel out of my control.
 Yes No I Don't Know I Prefer Not to Say

126. I sometimes get jealous or upset when I see others succeed.
 Yes No I Don't Know I Prefer Not to Say

127. I sometimes imagine animals talking to me or needing my help.
 Yes No I Don't Know I Prefer Not to Say

128. I sometimes avoid conflicts, even when I feel angry.
 Yes No I Don't Know I Prefer Not to Say

129. I sometimes feel guilty after being angry, even if I haven't hurt anyone.
 Yes No I Don't Know I Prefer Not to Say

130. I sometimes imagine running away from adult responsibilities entirely.
 Yes No I Don't Know I Prefer Not to Say

131. I sometimes feel that animals understand me better than humans.
 Yes No I Don't Know I Prefer Not to Say

132. I sometimes imagine getting revenge when I feel wronged.
 Yes No I Don't Know I Prefer Not to Say

133. I sometimes imagine being a hero or protector in stories I create.

Yes No I Don't Know I Prefer Not to Say

134. I sometimes get irritated at people for small mistakes or slowness.

Yes No I Don't Know I Prefer Not to Say

135. I sometimes imagine magical powers that let me solve problems instantly.

Yes No I Don't Know I Prefer Not to Say

136. I sometimes feel anger building up inside me and have trouble letting it out safely.

Yes No I Don't Know I Prefer Not to Say

137. I sometimes feel the need to protect animals or people even when it is risky.

Yes No I Don't Know I Prefer Not to Say

138. I sometimes imagine escaping to a completely different world to avoid responsibilities.

Yes No I Don't Know I Prefer Not to Say

139. I sometimes feel guilty for getting angry, even at trivial things.

Yes No I Don't Know I Prefer Not to Say

140. I sometimes imagine fantastical inventions or tools to help me in real life.

Yes No I Don't Know I Prefer Not to Say

141. I sometimes get frustrated when people do not follow rules or agreements.

Yes No I Don't Know I Prefer Not to Say

142. I sometimes feel more connected to animals than to humans.

Yes No I Don't Know I Prefer Not to Say

143. I sometimes imagine confronting people who have hurt me in stories or daydreams.

Yes No I Don't Know I Prefer Not to Say

144. I sometimes wish I could avoid adult life entirely and live in a playful, childlike world.

Yes No I Don't Know I Prefer Not to Say

145. I sometimes feel anger about unfair treatment of animals or nature.

Yes No I Don't Know I Prefer Not to Say

146. I sometimes imagine myself as a leader or savior in imaginary scenarios.

Yes No I Don't Know I Prefer Not to Say

147. I sometimes feel impatience or irritation when things take too long.

Yes No I Don't Know I Prefer Not to Say

148. I sometimes imagine being able to escape consequences of my actions magically.

Yes No I Don't Know I Prefer Not to Say

149. I sometimes feel protective or angry on behalf of someone who cannot defend themselves.

Yes No I Don't Know I Prefer Not to Say

150. I have imagined being in love in an impossible situation (e.g., different planet, era, species). Yes No I Don't Know I Prefer Not to Say

151. I have fantasized about someone I find morally or socially inappropriate. Yes No I Don't Know I Prefer Not to Say

152. I have imagined romantic attention from a character or celebrity. Yes No I Don't Know I Prefer Not to Say

153. I have considered dating or romantic involvement with non-human entities as a thought experiment. Yes No I Don't Know I Prefer Not to Say

154. I have fantasized about being in an open or polyamorous relationship. Yes No I Don't Know I Prefer Not to Say

155. I have imagined romantic or sexual experiences in a completely imaginary world. Yes No I Don't Know I Prefer Not to Say

156. I have wondered about how different sexual preferences might affect my life. Yes No I Don't Know I Prefer Not to Say

157. I have considered unconventional sexual identities or expressions as hypothetical ideas. Yes No I Don't Know I Prefer Not to Say

158. I enjoy organizing my socks by color, texture, and imaginary personality. Yes No I Don't Know I Prefer Not to Say

159. I sometimes talk to my plants about conspiracy theories. Yes No I Don't Know I Prefer Not to Say

160. I notice patterns in clouds, wallpaper, or elevator music that others usually miss. Yes No I Don't Know I Prefer Not to Say

161. I feel compelled to arrange my cutlery according to a secret logic only I understand. Yes No I Don't Know I Prefer Not to Say

162. I have a detailed backstory for random inanimate objects around me. Yes No I Don't Know I Prefer Not to Say

163. I find myself intensely focused on one trivial topic for hours, like the migratory habits of rubber ducks. Yes No I Don't Know I Prefer Not to Say

164. I get annoyed when fictional universes don't follow their own rules consistently. Yes No I Don't Know I Prefer Not to Say

165. I sometimes imagine conversations with historical figures about mundane modern issues. Yes No I Don't Know I Prefer Not to Say

166. I get deeply upset when patterns in my environment are disrupted, even in silly ways.
Yes No I Don't Know I Prefer Not to Say

167. I have invented secret codes or languages for trivial purposes. Yes No I Don't Know I Prefer Not to Say

168. I sometimes notice inconsistencies in food shapes, colors, or textures and feel compelled to fix them. Yes No I Don't Know I Prefer Not to Say

169. I have assigned personalities to everyday objects, like the office stapler or refrigerator.
Yes No I Don't Know I Prefer Not to Say

170. I feel a strange satisfaction when completing absurdly detailed checklists. Yes No I Don't Know I Prefer Not to Say

171. I believe my reflection in every shiny surface is slightly jealous of me. Yes No I Don't Know I Prefer Not to Say

172. I have secretly written fan letters to myself. Yes No I Don't Know I Prefer Not to Say

173. I imagine the world would literally stop spinning if I weren't present. Yes No I Don't Know I Prefer Not to Say

174. I expect animals to recognize my greatness immediately. Yes No I Don't Know I Prefer Not to Say

175. I have assigned myself the title "Supreme Overlord of Mundanity" in my diary. Yes No I Don't Know I Prefer Not to Say

176. I occasionally take pictures with objects that deserve credit for witnessing my brilliance. Yes No I Don't Know I Prefer Not to Say

177. I feel personally offended when people don't laugh at my imaginary jokes in public spaces. Yes No I Don't Know I Prefer Not to Say

178. I imagine secret societies exist just to admire my hypothetical achievements. Yes No I Don't Know I Prefer Not to Say

179. I have a "personal theme song" that I expect the universe to play on special occasions. Yes No I Don't Know I Prefer Not to Say

180. I secretly believe mirrors conspire to flatter me just enough to avoid rebellion. Yes No I Don't Know I Prefer Not to Say

181. I sometimes imagine my mother as a secret superhero who hides her powers behind household chores. Yes No I Don't Know I Prefer Not to Say

182. I have wondered if my father secretly judges my snack choices on a cosmic scale. Yes No I Don't Know I Prefer Not to Say

183. I believe my parents sometimes communicate using invisible telepathic signals. Yes No I Don't Know I Prefer Not to Say

184. I imagine my childhood toys attended secret meetings to report on my behavior to my parents. Yes No I Don't Know I Prefer Not to Say

185. I sometimes pretend my mother's advice has mystical powers over the universe. Yes No I Don't Know I Prefer Not to Say

186. I imagine my father secretly judges the weight of clouds to teach me life lessons. Yes No I Don't Know I Prefer Not to Say

187. I have thought that my childhood mistakes were recorded in a secret parental archive for future reference. Yes No I Don't Know I Prefer Not to Say

188. I sometimes imagine my parents have secret competitions to see who can embarrass me more creatively. Yes No I Don't Know I Prefer Not to Say

189. I believe that parental hugs contain hidden messages meant only for telepathically gifted children. Yes No I Don't Know I Prefer Not to Say

190. I sometimes imagine my upbringing as a training program for an elite squad of emotional ninjas. Yes No I Don't Know I Prefer Not to Say

201. I have started cleaning one room and ended up reorganizing the entire house without realizing it. Yes No I Don't Know I Prefer Not to Say

202. I sometimes imagine my thoughts wearing tiny hats and having tea parties instead of staying focused. Yes No I Don't Know I Prefer Not to Say

203. I frequently underestimate how long tasks will take, often leading to rushing at the last minute. Yes No I Don't Know I Prefer Not to Say

204. I have imagined my calendar as a wild jungle where deadlines are hiding behind trees. Yes No I Don't Know I Prefer Not to Say

205. I often interrupt myself mid-task because another idea suddenly seems more interesting. Yes No I Don't Know I Prefer Not to Say

206. I sometimes imagine that my emails are tiny creatures that hide when I try to answer them. Yes No I Don't Know I Prefer Not to Say

207. I struggle to remember whether I've already completed a routine task, like turning off the stove or locking the door. Yes No I Don't Know I Prefer Not to Say

208. I sometimes imagine my focus as a balloon that floats away whenever I try to grab it. Yes No I Don't Know I Prefer Not to Say

209. I often have trouble sitting still for extended periods, feeling the need to move or fidget constantly. Yes No I Don't Know I Prefer Not to Say

210. I sometimes imagine my homework as a mischievous pet that hides just to annoy me. Yes No I Don't Know I Prefer Not to Say

211. I frequently start multiple projects at once, then forget which ones I have finished. Yes No I Don't Know I Prefer Not to Say

212. I sometimes imagine that the minutes on a clock are little dancers performing in the wrong order. Yes No I Don't Know I Prefer Not to Say

213. I have forgotten important items or information even after being reminded multiple times. Yes No I Don't Know I Prefer Not to Say

214. I sometimes imagine my to-do list as a secret agent who keeps sneaking away from my attention. Yes No I Don't Know I Prefer Not to Say

215. I often start reading or watching something and then completely forget what I was originally looking for. Yes No I Don't Know I Prefer Not to Say

216. I sometimes worry that my thoughts are tiny aliens plotting a mutiny in my brain. Yes No I Don't Know I Prefer Not to Say

217. I often imagine my fears as sentient sandwiches, judging me silently at the dinner table. Yes No I Don't Know I Prefer Not to Say

218. I replay conversations in my head, but sometimes the characters have goat heads or wear top hats. Yes No I Don't Know I Prefer Not to Say

219. I worry that invisible spiders are taking notes on all my mistakes. Yes No I Don't Know I Prefer Not to Say

220. I sometimes imagine my life as a board game controlled by mischievous hamsters. Yes No I Don't Know I Prefer Not to Say

221. I often worry that my socks are conspiring with the washing machine against me. Yes No I Don't Know I Prefer Not to Say

222. I imagine tiny courtroom trials in my head where my pet or childhood toys testify against me. Yes No I Don't Know I Prefer Not to Say

223. I sometimes picture my worries as balloons floating above me, and I try to pop them with a spaghetti noodle. Yes No I Don't Know I Prefer Not to Say

224. I often wonder if clouds are gossiping about my secrets while I walk outside. Yes No I Don't Know I Prefer Not to Say

225. I imagine my thoughts as tiny disco dancers performing in a glittery brain nightclub, refusing to leave. Yes No I Don't Know I Prefer Not to Say

236. I sometimes dream that I am being interviewed by a talking pineapple about my life choices. Yes No I Don't Know I Prefer Not to Say

237. I daydream about giving a TED Talk to an audience of socks. Yes No I Don't Know I Prefer Not to Say

238. I sometimes wake up thinking that my cat is secretly writing a novel about me. Yes No I Don't Know I Prefer Not to Say

239. I have dreamed that I can speak fluent cheese. Yes No I Don't Know I Prefer Not to Say

240. I daydream about attending a wedding where all the guests are clouds shaped like animals. Yes No I Don't Know I Prefer Not to Say

241. I sometimes imagine that my shoes have secret lives when I am not wearing them. Yes No I Don't Know I Prefer Not to Say

242. I have dreamed that I am a detective investigating a mystery in a world made entirely of jelly. Yes No I Don't Know I Prefer Not to Say

243. I daydream about being chased by an army of polite ghosts. Yes No I Don't Know I Prefer Not to Say

244. I sometimes dream that my hair is secretly plotting to escape from my head. Yes No I Don't Know I Prefer Not to Say

245. I have imagined my reflection in the mirror having a completely different life than mine. Yes No I Don't Know I Prefer Not to Say

246. I daydream about traveling inside a loaf of bread as if it were a spaceship. Yes No I Don't Know I Prefer Not to Say

247. I sometimes wake up believing that my fridge has been judging my life choices. Yes No I Don't Know I Prefer Not to Say

248. I have dreamed that I am a cloud trying to find the perfect spot to rain. Yes No I Don't Know I Prefer Not to Say

249. I daydream about holding a conversation with my furniture about the meaning of life. Yes No I Don't Know I Prefer Not to Say

250. I sometimes dream that I am the main character in a video game Yes No I Don't Know I Prefer Not to Say

248. I have dreamed that I am a cloud trying to find the perfect spot to rain.
 Yes No I Don't Know I Prefer Not to Say

249. I have dreamed that my shoes were giving me life advice.
 Yes No I Don't Know I Prefer Not to Say

250. Do you find it difficult to read facial expressions, even when someone looks extremely happy or angry?

Yes No I Don't Know I Prefer Not to Say

251. Does it feel like you sometimes miss the “subtitles” in conversations that others seem to understand automatically?

Yes No I Don't Know I Prefer Not to Say

252. Do you often understand jokes five minutes later (or sometimes never)?

Yes No I Don't Know I Prefer Not to Say

253. Do you struggle with spatial awareness—maps, left/right, estimating pasta amounts (and it's always too much)?

Yes No I Don't Know I Prefer Not to Say

254. Do unexpected route changes stress you out, such as detours your GPS refuses to accept?

Yes No I Don't Know I Prefer Not to Say

255. Does it sometimes feel like other people communicate in a secret code you were never taught?

Yes No I Don't Know I Prefer Not to Say

256. Do social situations tire you out because you have to “read between the lines” more than others?

Yes No I Don't Know I Prefer Not to Say

257. Do you struggle with planning and organizing, yet spend hours debating if a chair should move two centimeters?

Yes No I Don't Know I Prefer Not to Say

258. Do you find written instructions easier to process than spoken ones?

Yes No I Don't Know I Prefer Not to Say

259. Do you sometimes feel like your mind "freezes" when you receive too much information at once?

Yes No I Don't Know I Prefer Not to Say

260. Do you experience sudden bursts of fear for no clear reason (like the doorbell or the kettle clicking)?

Yes No I Don't Know I Prefer Not to Say

261. Do your thoughts pile up until they cause a mental traffic jam?

Yes No I Don't Know I Prefer Not to Say

262. Do you experience physical tension—tight chest, trembling, short breath—with a medical cause?

Yes No I Don't Know I Prefer Not to Say

263. Do you avoid situations because you fear what *might* happen, even if the fear is irrational?

Yes No I Don't Know I Prefer Not to Say

264. Do you unintentionally fuel your anxiety by checking something “just one more time”... repeatedly?

Yes No I Don’t Know I Prefer Not to Say

265. Are you afraid of making even small mistakes, such as sending a casual message?

Yes No I Don’t Know I Prefer Not to Say

266. Do noise, bright lights, crowds, or chaos overwhelm you easily?

Yes No I Don’t Know I Prefer Not to Say

267. Do your thoughts start racing in the morning before you feel ready to start the day?

Yes No I Don’t Know I Prefer Not to Say

268. Do you find it difficult to relax, even when doing things you enjoy?

Yes No I Don’t Know I Prefer Not to Say

269. Do your rational thoughts often clash with your feelings of anxiety?

Yes No I Don’t Know I Prefer Not to Say

270. I sometimes feel like my thoughts are racing so fast they could outrun a herd of caffeinated horses.

Yes No I Don’t Know I Prefer Not to Say

271. I have days when I am convinced the universe is sending me personalized instructions through coincidences that are probably not coincidences.

Yes No I Don't Know I Prefer Not to Say

272. During low moods, time feels like it has the consistency of cold syrup and refuses to move forward.

Yes No I Don't Know I Prefer Not to Say

273. I sometimes get bursts of confidence so strong I genuinely believe I could charm a statue into coming to life.

Yes No I Don't Know I Prefer Not to Say

274. In darker moments, even simple decisions like choosing socks become philosophical crises.

Yes No I Don't Know I Prefer Not to Say

275. I sometimes feel like my emotional settings are controlled by a malfunctioning DJ who refuses to play the same song twice.

Yes No I Don't Know I Prefer Not to Say

276. I have moments of grand ideas so enormous they could be international projects, followed by moments where brushing my teeth feels too ambitious.

Yes No I Don't Know I Prefer Not to Say

277. Sometimes I feel like my mind is a weather system: sunshine, storm, hail, and tropical winds all before breakfast.

Yes No I Don't Know I Prefer Not to Say

278. I occasionally speak so quickly during an energized phase that even I have trouble keeping up with what I'm saying.

Yes No I Don't Know I Prefer Not to Say

279. I have days when everything feels meaningful and magical, and days when everything feels distant, flat, or made of cardboard.

Yes No I Don't Know I Prefer Not to Say

280. My mood sometimes changes so abruptly I suspect someone is secretly editing my life in real time.

Yes No I Don't Know I Prefer Not to Say

281. I sometimes feel guilty for things I didn't do, like not stopping a cloud from raining on someone else's picnic.

Yes No I Don't Know I Prefer Not to Say

282. I occasionally apologize to inanimate objects, just in case I hurt their feelings without noticing.

Yes No I Don't Know I Prefer Not to Say

283. I feel guilty for enjoying things while others might be unhappy, like laughing at a cat video during a storm.

Yes No I Don't Know I Prefer Not to Say

284. I sometimes blame myself for events entirely out of my control, such as the toaster burning someone else's toast.

Yes No I Don't Know I Prefer Not to Say

285. I feel guilty for not being productive enough, even on days when surviving feels like an achievement.

Yes No I Don't Know I Prefer Not to Say

286. I sometimes imagine that tiny creatures are judging me silently for my choices, and I feel guilty about it.

Yes No I Don't Know I Prefer Not to Say

287. I feel guilty for forgetting trivial things, like the exact number of leaves on a tree I passed yesterday.

Yes No I Don't Know I Prefer Not to Say

288. I sometimes replay social situations in my head, imagining all the ways I could have done better, including apologizing to strangers.

Yes No I Don't Know I Prefer Not to Say

289. I feel guilty for making decisions that seem harmless but might affect someone in ways I cannot foresee, like choosing a parking spot.

Yes No I Don't Know I Prefer Not to Say

290. I sometimes feel responsible for the moods of people I barely know, as if I carry invisible emotional weights.

Yes No I Don't Know I Prefer Not to Say

Perfect! Dan maak ik de **guilt/schuldgevoel-lijst** vanaf 291 **absurder en speelser**, in dezelfde stijl en met streepjes tussen de vragen:

291. I feel guilty when I step on a crack in the sidewalk, as if tiny sidewalk spirits might be hurt.

Yes No I Don't Know I Prefer Not to Say

292. I sometimes apologize to clouds for not appreciating their shapes properly.

Yes No I Don't Know I Prefer Not to Say

293. I feel guilty when I eat snacks faster than my houseplants can photosynthesize.

Yes No I Don't Know I Prefer Not to Say

294. I worry that my laughter might accidentally shatter the mood of an entire neighborhood.

Yes No I Don't Know I Prefer Not to Say

295. I sometimes feel guilty for not finishing a book that I suspect is secretly judging me.

Yes No I Don't Know I Prefer Not to Say

296. I feel responsible when ants cross my kitchen floor without proper direction.

Yes No I Don't Know I Prefer Not to Say

297. I apologize in my head when I spill imaginary tea in imaginary rooms.

Yes No I Don't Know I Prefer Not to Say

298. I feel guilty for not remembering the birthdays of fictional characters I love.

Yes No I Don't Know I Prefer Not to Say

299. I sometimes imagine that my socks are disappointed if I pair them wrong.

Yes No I Don't Know I Prefer Not to Say

300. I feel guilty when I fail to thank my furniture for supporting me all day.

Yes No I Don't Know I Prefer Not to Say

301. I feel guilty when my shadow stretches farther than I think it should.

Yes No I Don't Know I Prefer Not to Say

302. I apologize silently when my thoughts wander into someone else's dreams.

Yes No I Don't Know I Prefer Not to Say

303. I feel responsible if a spider in my room spins a web in the wrong corner.

Yes No I Don't Know I Prefer Not to Say

304. I sometimes regret humming too loudly because I might disturb invisible neighbors.

Yes No I Don't Know I Prefer Not to Say

305. I feel guilty if my coffee cools down before I finish thinking of something important.

Yes No I Don't Know I Prefer Not to Say

306. I apologize to my shoes when I walk too hard on the floor.

Yes No I Don't Know I Prefer Not to Say

307. I feel guilty for forgetting to water imaginary plants in my mind.

Yes No I Don't Know I Prefer Not to Say

308. I sometimes imagine that my cereal feels neglected if I pour the milk too slowly.

Yes No I Don't Know I Prefer Not to Say

309. I feel responsible if a cloud doesn't get enough attention from me during the day.

Yes No I Don't Know I Prefer Not to Say

310. I apologize internally when my thoughts bump into each other like clumsy furniture.

Yes No I Don't Know I Prefer Not to Say

311. I feel guilty if a sock disappears in the laundry without proper closure.

Yes No I Don't Know I Prefer Not to Say

312. I sometimes worry that my keys feel abandoned if I don't touch them for a day.

Yes No I Don't Know I Prefer Not to Say

313. I feel guilty when my pencil breaks, as if it was trying to tell me something.

Yes No I Don't Know I Prefer Not to Say

314. I apologize silently if I blink at the wrong time during a serious conversation.

Yes No I Don't Know I Prefer Not to Say

315. I feel guilty for not noticing the mood of the wind outside my window.

Yes No I Don't Know I Prefer Not to Say

316. I sometimes regret letting my thoughts wander into the laundry room of my imagination.

Yes No I Don't Know I Prefer Not to Say

317. I feel responsible if my shadow yawns when I am not looking.

Yes No I Don't Know I Prefer Not to Say

318. I apologize in my mind when my cat's tail gets caught in a sunbeam.

Yes No I Don't Know I Prefer Not to Say

319. I feel guilty if my thoughts don't line up neatly on a mental shelf.

Yes No I Don't Know I Prefer Not to Say

320. I sometimes worry that the teaspoons feel neglected if I only use the fork.

Yes No I Don't Know I Prefer Not to Say

321. I feel that my opinions are usually more correct than anyone else's, even if they politely disagree.

Yes No I Don't Know I Prefer Not to Say

322. I sometimes imagine that strangers on the street are secretly waiting for my approval.

Yes No I Don't Know I Prefer Not to Say

323. I get upset if someone doesn't notice that I have changed my socks to match my mood.

Yes No I Don't Know I Prefer Not to Say

324. I sometimes feel like I need to perform elaborate rituals to make people like me.

Yes No I Don't Know I Prefer Not to Say

325. I exaggerate my problems so others will pay more attention to me.

Yes No I Don't Know I Prefer Not to Say

326. I feel hurt if someone doesn't laugh at a joke I made—even if it's a joke in a foreign language.

Yes No I Don't Know I Prefer Not to Say

327. I imagine that inanimate objects have opinions about me.

Yes No I Don't Know I Prefer Not to Say

328. I sometimes believe that people are secretly plotting against me, even if they are just making tea.

Yes No I Don't Know I Prefer Not to Say

329. I find myself needing constant reassurance, even from my toaster or chair.

Yes No I Don't Know I Prefer Not to Say

330. I feel upset when someone doesn't notice my subtle signs of superiority.

Yes No I Don't Know I Prefer Not to Say

331. I sometimes pretend to be someone else just to see if people will like me more.

Yes No I Don't Know I Prefer Not to Say

332. I feel guilty if I haven't impressed at least three imaginary witnesses every day.

Yes No I Don't Know I Prefer Not to Say

333. I sometimes act charmingly inappropriately to make people notice me.

Yes No I Don't Know I Prefer Not to Say

334. I feel like my personal space is constantly being invaded—even by clouds outside the window.

Yes No I Don't Know I Prefer Not to Say

335. I sometimes fabricate minor stories about myself to appear more interesting to invisible audiences.

Yes No I Don't Know I Prefer Not to Say

336. I sometimes relive embarrassing moments as if they were dangerous life-or-death events.

Yes No I Don't Know I Prefer Not to Say

337. Loud noises, like a balloon popping or a sneeze, make my heart race unexpectedly.

Yes No I Don't Know I Prefer Not to Say

338. I avoid certain places because I feel something “bad” might happen there—even if it’s just the supermarket.

Yes No I Don't Know I Prefer Not to Say

339. I sometimes wake up convinced that my bed is a trap set by invisible enemies.

Yes No I Don't Know I Prefer Not to Say

340. I have nightmares where my pet or favorite object turns into a villain.

Yes No I Don't Know I Prefer Not to Say

341. I feel anxious when I see people with the same clothes or shoes as someone who hurt me in the past.

Yes No I Don't Know I Prefer Not to Say

342. Certain smells or sounds trigger strong memories that I cannot control.

Yes No I Don't Know I Prefer Not to Say

343. I sometimes imagine absurd escape plans for everyday situations, like fleeing from a toaster army.

Yes No I Don't Know I Prefer Not to Say

344. I feel jumpy or on edge, even when I know nothing dangerous is happening.

Yes No I Don't Know I Prefer Not to Say

345. I avoid talking about certain topics because they might trigger sudden, irrational fear.

Yes No I Don't Know I Prefer Not to Say

346. I sometimes replay past arguments in my head with extreme exaggeration, like everyone was wearing clown shoes.

Yes No I Don't Know I Prefer Not to Say

347. I feel tense or irritable when I hear sudden laughter, even if it's far away.

Yes No I Don't Know I Prefer Not to Say

348. I sometimes imagine impossible scenarios where my fears come true in a surreal, cartoonish way.

Yes No I Don't Know I Prefer Not to Say

349. I feel the need to double-check doors, windows, or appliances multiple times because of past scary experiences.

Yes No I Don't Know I Prefer Not to Say

350. I have sudden emotional reactions that seem disproportionate to the situation, like crying at a funny cartoon.

Yes No I Don't Know I Prefer Not to Say

351. I sometimes imagine my furniture conspiring against me during stressful moments.

Yes No I Don't Know I Prefer Not to Say

352. I notice myself flinching at sudden movements, even if it's just a falling leaf.

Yes No I Don't Know I Prefer Not to Say

353. I have avoided certain songs, movies, or shows because they remind me of bad experiences.

Yes No I Don't Know I Prefer Not to Say

354. I sometimes feel like I am in a movie, and the past trauma is the villain chasing me.

Yes No I Don't Know I Prefer Not to Say

355. I notice myself being unusually cautious around strangers or crowded places.

Yes No I Don't Know I Prefer Not to Say

356. I sometimes create elaborate “escape plans” for everyday events, like sneaking out of a dentist appointment via the ceiling.

Yes No I Don't Know I Prefer Not to Say

357. I relive minor embarrassing events as if they were catastrophic.

Yes No I Don't Know I Prefer Not to Say

358. I sometimes feel tense when walking on certain textures or surfaces that “remind me” of past stressful experiences.

Yes No I Don't Know I Prefer Not to Say

359. I notice myself scanning rooms or streets for potential threats that aren't really there.

Yes No I Don't Know I Prefer Not to Say

360. I sometimes imagine my pets giving me secret warnings about danger in absurd ways.

Yes No I Don't Know I Prefer Not to Say

361. I find myself overreacting to harmless surprises, like someone popping a balloon or clapping hands.

Yes No I Don't Know I Prefer Not to Say

362. I sometimes have intrusive memories of stressful situations that seem to appear out of nowhere.

Yes No I Don't Know I Prefer Not to Say

363. I avoid certain smells or tastes because they “feel threatening” due to past associations.

Yes No I Don't Know I Prefer Not to Say

364. I sometimes imagine absurd alternate realities where my trauma is being fought by superhero versions of myself.

Yes No I Don't Know I Prefer Not to Say

365. I feel jumpy or easily startled in situations where most people feel calm.

Yes No I Don't Know I Prefer Not to Say

366. I sometimes imagine that my memories are stored in objects around me, and touching them can trigger flashbacks.

Yes No I Don't Know I Prefer Not to Say

367. I notice myself being unusually protective or defensive over trivial things, like my coffee mug or pen.

Yes No I Don't Know I Prefer Not to Say

368. I sometimes imagine absurd scenarios where mundane objects betray me, like my chair plotting to collapse.

Yes No I Don't Know I Prefer Not to Say

369. I find myself replaying conversations from the past, exaggerating threats or insults in my mind.

Yes No I Don't Know I Prefer Not to Say

370. I sometimes feel like my surroundings are “too real” and imagine surreal or protective layers around myself.

Yes No I Don't Know I Prefer Not to Say

371. I sometimes imagine people around me speaking in invisible subtitles that I alone can read.

Yes No I Don't Know I Prefer Not to Say

372. I notice myself obsessively checking if I left doors, windows, or imaginary portals locked.

Yes No I Don't Know I Prefer Not to Say

373. I sometimes feel my emotions swing wildly between “everything is fine” and “the world is ending” without warning.

Yes No I Don’t Know I Prefer Not to Say

374. I occasionally imagine minor objects conspiring to insult or judge me.

Yes No I Don’t Know I Prefer Not to Say

375. I notice myself feeling abandoned or rejected even in safe or familiar situations.

Yes No I Don’t Know I Prefer Not to Say

376. I sometimes repeat routines or thoughts a specific number of times because “the universe might notice otherwise.”

Yes No I Don’t Know I Prefer Not to Say

377. I occasionally imagine my own shadow giving me secret advice—or silently judging me.

Yes No I Don’t Know I Prefer Not to Say

378. I notice myself being extremely sensitive to criticism, even if it’s absurd or fictional.

Yes No I Don’t Know I Prefer Not to Say

379. I sometimes imagine conversations in my head with people who don’t exist—or who have turned into household objects.

Yes No I Don’t Know I Prefer Not to Say

380. I occasionally feel compelled to apologize to inanimate objects for imagined slights or neglect.

Yes No I Don't Know I Prefer Not to Say

411. I sometimes feel compelled to count my pets' whiskers or paws multiple times to ensure cosmic balance.

Yes No I Don't Know I Prefer Not to Say

412. I occasionally organize my pet's toys by color, size, or emotional aura.

Yes No I Don't Know I Prefer Not to Say

413. I sometimes worry that failing to stroke my pet in a "perfect sequence" might cause bad luck.

Yes No I Don't Know I Prefer Not to Say

414. I notice myself apologizing to animals for my own mistakes, like stepping on their shadow.

Yes No I Don't Know I Prefer Not to Say

415. I sometimes rearrange my pet's food bowls repeatedly because "the universe might prefer it this way."

Yes No I Don't Know I Prefer Not to Say

416. I imagine my pet judging me silently if I don't follow strict routines with their care.

Yes No I Don't Know I Prefer Not to Say

417. I feel a strong need to check multiple times if the doors, windows, or fences are properly secured for my pet's safety.

Yes No I Don't Know I Prefer Not to Say

418. I sometimes imagine that failing to give my pet exactly the right number of treats will disrupt the balance of the universe.

Yes No I Don't Know I Prefer Not to Say

419. I occasionally worry that my pet might develop existential anxiety if I don't maintain perfect routines.

Yes No I Don't Know I Prefer Not to Say

420. I sometimes have recurring mental images of my pet secretly writing a diary about my daily mistakes.

Yes No I Don't Know I Prefer Not to Say

Perfect! Dan gaan we verder met **421–450**, in dezelfde stijl: **OCD, dierenliefde en absurditeit**.

421. I sometimes imagine my cat holding a tiny protest if I don't stroke it in the exact "approved" order.

Yes No I Don't Know I Prefer Not to Say

422. I occasionally line up my pet's food in geometrical shapes for "optimal flavor distribution."

Yes No I Don't Know I Prefer Not to Say

423. I sometimes check multiple times whether my dog's leash is twisted in a "negative energy" pattern.

Yes No I Don't Know I Prefer Not to Say

424. I sometimes feel guilty if my pet sleeps on the "wrong" side of the bed.

Yes No I Don't Know I Prefer Not to Say

425. I occasionally imagine that my pet judges my hygiene habits with silent but severe criticism.

Yes No I Don't Know I Prefer Not to Say

426. I sometimes feel compelled to give exactly the right number of treats or my pet might "hold a grudge."

Yes No I Don't Know I Prefer Not to Say

427. I occasionally imagine my pet taking notes on my daily mistakes for future reference.

Yes No I Don't Know I Prefer Not to Say

428. I sometimes feel the need to "apologize" to my pet for minor inconveniences in my life.

Yes No I Don't Know I Prefer Not to Say

429. I sometimes organize my pet's toys, food, or bedding in specific sequences to avoid imagined chaos.

Yes No I Don't Know I Prefer Not to Say

430. I occasionally imagine my pet giving a silent "thumbs down" if I skip even minor care routines.

Yes No I Don't Know I Prefer Not to Say

431. I sometimes count the number of times I pet my animal to "ensure harmony" in the household.

Yes No I Don't Know I Prefer Not to Say

432. I occasionally worry that failing to clean my pet's area "perfectly" might attract cosmic misfortune.

Yes No I Don't Know I Prefer Not to Say

433. I sometimes imagine my pet having secret opinions on my fashion choices.

Yes No I Don't Know I Prefer Not to Say

434. I occasionally check the same water bowl multiple times to ensure it's "energetically aligned."

Yes No I Don't Know I Prefer Not to Say

435. I sometimes feel that if I don't pet my animal in a precise rhythm, bad things might happen.

Yes No I Don't Know I Prefer Not to Say

436. I occasionally imagine my pet having its own OCD and silently critiquing my routines.

Yes No I Don't Know I Prefer Not to Say

437. I sometimes feel compelled to clean my pet's toys in a specific order to maintain "universal balance."

Yes No I Don't Know I Prefer Not to Say

438. I occasionally worry that skipping a grooming session will cause my pet to "remember my failure forever."

Yes No I Don't Know I Prefer Not to Say

439. I sometimes check doors, fences, and windows repeatedly because my pet's safety "depends on it."

Yes No I Don't Know I Prefer Not to Say

440. I occasionally feel guilty for minor lapses in my pet care, imagining they will haunt my dreams.

Yes No I Don't Know I Prefer Not to Say

Perfect! Dan passen we de nummering aan en zetten alles netjes vanaf **441**. Hier is de verbeterde lijst:

441. I sometimes imagine my organs holding a secret meeting to decide which one will fail first.

Yes No I Don't Know I Prefer Not to Say

442. I occasionally worry that my shadow might catch a disease before I do.

Yes No I Don't Know I Prefer Not to Say

443. I sometimes imagine my body sending me cryptic warnings about minor or major illnesses.

Yes No I Don't Know I Prefer Not to Say

444. I occasionally picture my germs having a secret life and plotting mischief.

Yes No I Don't Know I Prefer Not to Say

445. I sometimes think about what it would be like if I were a zombie, without being sick.

Yes No I Don't Know I Prefer Not to Say

446. I occasionally imagine my illness as a tiny, mischievous creature living inside me.

Yes No I Don't Know I Prefer Not to Say

447. I sometimes feel guilty for being healthy while imagining illnesses lurking around.

Yes No I Don't Know I Prefer Not to Say

448. I occasionally worry that laughing too hard might trigger an unexpected medical catastrophe.

Yes No I Don't Know I Prefer Not to Say

449. I sometimes imagine my bones holding a rebellion if I don't treat my body perfectly.

Yes No I Don't Know I Prefer Not to Say

450. I occasionally picture my organs filing complaints to a cosmic health inspector about my habits.

Yes No I Don't Know I Prefer Not to Say

451. I sometimes imagine death as a polite neighbor checking if I'm ready yet.

Yes No I Don't Know I Prefer Not to Say

452. I occasionally worry that minor scratches or bruises are signs of secret catastrophic diseases.

Yes No I Don't Know I Prefer Not to Say

453. I sometimes think about dying in absurd or unusual ways, like being swallowed by a cloud.

Yes No I Don't Know I Prefer Not to Say

454. I occasionally imagine my blood cells gossiping about my risky behaviors.

Yes No I Don't Know I Prefer Not to Say

455. I sometimes feel that minor physical symptoms are secretly communicating life-or-death messages.

Yes No I Don't Know I Prefer Not to Say

456. I occasionally worry that ignoring small health warnings could trigger absurdly unlikely disasters.

Yes No I Don't Know I Prefer Not to Say

457. I sometimes imagine germs holding grudges against me for not washing my hands properly.

Yes No I Don't Know I Prefer Not to Say

458. I occasionally think that if I sneeze in the “wrong way,” it could start a chain reaction of disasters.

Yes No I Don't Know I Prefer Not to Say

459. I sometimes imagine my immune system hosting competitions to see which cells perform best.

Yes No I Don't Know I Prefer Not to Say

460. I occasionally picture death and illness as whimsical characters commenting on my life choices.

Yes No I Don't Know I Prefer Not to Say

Perfect! Dan herschikken we de MDD-vragen zodat ze **nummeren vanaf 461**. Hier is de lijst opnieuw:

461. I sometimes feel like a gray cloud is following me around, even on sunny days.

Yes No I Don't Know I Prefer Not to Say

462. I occasionally wonder if my sadness could be cured by simply rearranging all the furniture in my house.

Yes No I Don't Know I Prefer Not to Say

463. I have trouble finding motivation to do everyday tasks, like brushing my teeth or making toast.

Yes No I Don't Know I Prefer Not to Say

464. I sometimes feel guilty for feeling sad, as if I should be happy "on demand."

Yes No I Don't Know I Prefer Not to Say

465. I occasionally imagine that my pet understands my depression better than any human could.

Yes No I Don't Know I Prefer Not to Say

466. I sometimes feel like my thoughts are stuck on repeat, looping the same worries endlessly.

Yes No I Don't Know I Prefer Not to Say

467. I occasionally imagine that if I could just talk to a cloud or a rock, it would understand my sadness perfectly.

Yes No I Don't Know I Prefer Not to Say

468. I sometimes have trouble enjoying things I used to like, even when I try really hard.

Yes No I Don't Know I Prefer Not to Say

469. I occasionally feel like smiling or laughing is an exhausting performance I can't sustain.

Yes No I Don't Know I Prefer Not to Say

470. I sometimes feel overwhelmed by small decisions, like choosing which sock to wear, as if each one carries existential weight.

Yes No I Don't Know I Prefer Not to Say

Perfect, we kunnen dit combineren: **MDD-vragen vanaf 471** met een vleugje dagdromen/absurditeit. Hier is een voorstel:

471. I sometimes daydream that I am living in a world made entirely of marshmallows, even when I'm feeling sad.

Yes No I Don't Know I Prefer Not to Say

472. I occasionally imagine that my depression could be solved if I just floated away like a balloon.

Yes No I Don't Know I Prefer Not to Say

473. I sometimes lose track of time daydreaming about conversations with animals who give me life advice.

Yes No I Don't Know I Prefer Not to Say

474. I occasionally imagine myself as a character in a silent movie, moving slowly through a gray, melancholic landscape.

Yes No I Don't Know I Prefer Not to Say

475. I sometimes daydream that clouds are plotting to cheer me up, but they move too slowly to be effective.

Yes No I Don't Know I Prefer Not to Say

476. I occasionally imagine my sadness as a tiny, overdramatic actor performing in my mind.

Yes No I Don't Know I Prefer Not to Say

477. I sometimes escape my low mood by picturing myself flying over absurdly happy landscapes, like candy-colored forests or raining cupcakes.

Yes No I Don't Know I Prefer Not to Say

478. I occasionally imagine that my thoughts are tiny clouds drifting lazily, some blocking the sun, some letting light through.

Yes No I Don't Know I Prefer Not to Say

479. I sometimes daydream that even small achievements, like making toast, are epic quests in a surreal adventure.

Yes No I Don't Know I Prefer Not to Say

480. I occasionally imagine that my mood is a radio station I can't turn off, and daydream about changing the channel to something absurdly cheerful.

Yes No I Don't Know I Prefer Not to Say

481. I enjoy imagining how ordinary events could turn extraordinary.

Yes No I Don't Know I Prefer Not to Say

482. I sometimes feel that people are watching me or talking about me when I'm not around.

Yes No I Don't Know I Prefer Not to Say

483. I enjoy imagining magical solutions to everyday problems.

Yes No I Don't Know I Prefer Not to Say

484. I sometimes imagine what others are doing or thinking about me when I'm not there.

Yes No I Don't Know I Prefer Not to Say

485. I sometimes avoid adult responsibilities by imagining myself in fantastical or childlike situations.

Yes No I Don't Know I Prefer Not to Say

486. I enjoy imagining absurd or impossible inventions.

Yes No I Don't Know I Prefer Not to Say

487. I sometimes imagine conversations between characters I create, as if they have secrets about me.

Yes No I Don't Know I Prefer Not to Say

488. I sometimes wish I could escape adult life and live in a world of adventure or eternal youth.

Yes No I Don't Know I Prefer Not to Say

489. I sometimes avoid making important decisions because I prefer to daydream or imagine adventures.

Yes No I Don't Know I Prefer Not to Say

490. I sometimes feel unready or unwilling to take on adult responsibilities.

Yes No I Don't Know I Prefer Not to Say

491. I enjoy spending time in activities or hobbies that feel childlike or whimsical.

Yes No I Don't Know I Prefer Not to Say

492. I sometimes wish I could escape obligations and live in a world of fun and imagination instead.

Yes No I Don't Know I Prefer Not to Say

493. I sometimes resist routines, schedules, or structured plans because they feel restrictive.

Yes No I Don't Know I Prefer Not to Say

494. I sometimes rely on others to handle responsibilities I feel unprepared for.

Yes No I Don't Know I Prefer Not to Say

495. I sometimes imagine that life could be more exciting if I never had to grow up.

Yes No I Don't Know I Prefer Not to Say

496. I sometimes feel more comfortable in imaginary or playful situations than in serious adult settings.

Yes No I Don't Know I Prefer Not to Say

497. I sometimes feel angry at people for no clear reason.

Yes No I Don't Know I Prefer Not to Say

498. I sometimes imagine hurting someone when I am very angry.

Yes No I Don't Know I Prefer Not to Say

499. I sometimes feel upset when I see animals being treated badly.

Yes No I Don't Know I Prefer Not to Say

500. I sometimes get frustrated or angry at myself for things I cannot control.

Yes No I Don't Know I Prefer Not to Say

501. I sometimes feel the need to shout, hit, or act aggressively when I am very frustrated.

Yes No I Don't Know I Prefer Not to Say

502. I sometimes feel compassion or anger on behalf of animals more strongly than for humans.

Yes No I Don't Know I Prefer Not to Say

503. I sometimes imagine scenarios where I or others use force to solve problems.

Yes No I Don't Know I Prefer Not to Say

504. I sometimes feel worried about what my future will look like.

Yes No I Don't Know I Prefer Not to Say

505. I sometimes feel pressure from my parents or family to make certain choices.

Yes No I Don't Know I Prefer Not to Say

506. I sometimes imagine my future self in a successful or happy situation.

Yes No I Don't Know I Prefer Not to Say

507. I sometimes feel that my decisions are heavily influenced by my friends or social circle.

Yes No I Don't Know I Prefer Not to Say

508. I sometimes feel that my upbringing affects how I handle challenges today.

Yes No I Don't Know I Prefer Not to Say

509. I sometimes imagine how different my life would be if my parents had made different choices.

Yes No I Don't Know I Prefer Not to Say

510. I sometimes feel uncertain about the decisions I make because of others' expectations.

Yes No I Don't Know I Prefer Not to Say
