

## 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.

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

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

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

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

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

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

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

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

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

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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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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**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



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

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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

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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

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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

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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

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

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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

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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

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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

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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

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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

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

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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

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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

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

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**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

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

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

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

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

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

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

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

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

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

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

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**101.** I sometimes imagine conversations I will never have.  
☐ Yes ☐ No ☐ I Don't Know ☐ I Prefer Not to Say

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**102.** I enjoy imagining how ordinary events could turn extraordinary.  
☐ Yes ☐ No ☐ I Don't Know ☐ I Prefer Not to Say

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**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

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**104.** I enjoy imagining magical solutions to everyday problems.  
☐ Yes ☐ No ☐ I Don't Know ☐ I Prefer Not to Say

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**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

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**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

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**107.** I enjoy imagining absurd or impossible inventions.  
☐ Yes ☐ No ☐ I Don't Know ☐ I Prefer Not to Say

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**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

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**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

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**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

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

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

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**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

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**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

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

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

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

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

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**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

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**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

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

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

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

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

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

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

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**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

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**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

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**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

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**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

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

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

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

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

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

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**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

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

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

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

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

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

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

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

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

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

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**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

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**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

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

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

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

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

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**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

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

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

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

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



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**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

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**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

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

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

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

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

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

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

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

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

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**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

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**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

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

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

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**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

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

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

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

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

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

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

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**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

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**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

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

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**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

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**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

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

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**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

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

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**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

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**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

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

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**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

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

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**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

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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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**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

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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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

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

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**262.** Do you experience physical tension—tight chest, trembling, short breath—without a medical cause?

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

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**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

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**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

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**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

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

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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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**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

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

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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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

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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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

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

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**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

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

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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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

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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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



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**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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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**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

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**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

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**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

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

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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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

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

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**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

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**483. I enjoy imagining magical solutions to everyday problems.**

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

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**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

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**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

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**486. I enjoy imagining absurd or impossible inventions.**

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

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**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

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**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

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**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

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

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

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**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

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**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

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

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

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

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

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**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

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**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

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

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

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

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

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

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

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**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

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**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

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**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

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**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

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

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

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**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

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

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

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**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

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

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

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**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

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**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

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