

IMAGINAL PROCESS INVENTORY

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IMAGINAL PROCESSES INVENTORY

We are asking your cooperation in responding to a questionnaire about your inner experiences, your images, dreams and daydreams. Your cooperation is necessary if psychologists are to be able to gather information on the personal experiences we may all have which can later serve as bases for understanding the range of human thought. Whether you sign your name on the scoring sheets or cards or merely a code number, you can be assured that your anonymity will be preserved. Future use of this data will only make use of code numbers and any list of names will be destroyed at the end of the initial research period.

Please note that when we use words like “daydreams” we are using popular terminology for which there is no “official” definition. You may have a particular idea of what you mean by a daydream or fantasy. Try to answer these items as they seem most to apply to you. Make a distinction between thinking about an immediate task you’re performing, e.g., working, doing schoolwork and thinking directly about it while you are doing it and daydreaming which involves thoughts unrelated to a task you are working on or else thoughts that go on while you are getting ready for sleep or on a long bus or train ride.

Driving on superhighways is not the most interesting thing you can do, it’s boring and tedious. In a situation like that it’s not unusual to find that while you’re driving things just come into your mind. They come into your mind without seeing anything or hearing anything or smelling anything or even trying to think about it, they just come into your mind. These things that come into your mind don’t have much to do with driving, they could be about what you did last week, what you did last night, what you’re going to do at the end of the trip. Those kinds of thoughts we call DAYDREAMS. They involve two components: First, they are spontaneous thoughts, that is, they come about by themselves, and secondly, they are relatively unrelated to what you were doing or thinking about at the time.

The IPI consists of two parts.

Part I consists of questions 1 to 24. Each question in Part I has five alternatives which are listed below each question.

Part II consists of questions of 25 to 344. Each question in Part II has the same five alternatives which are given at the beginning of Part II.

You may omit answering a question if.

- a. You do not understand it.
- b. You find the question offensive.
- c. Any answer you give would be very misleading.

Answer all questions as they apply to your life today-not 1 or 2 or 20 years ago.

INSTRUCTIONS

Look at the answer sheet and read the instructions for marking the answers.

PART I

There are 24 items in Part I. Each item has 5 alternatives. For each item choose the alternative which is most true or appropriate for you. Each alternative corresponds to one of the letters A through E. Locate the number of each item on the answer sheet. Then fill in the letter that indicates your choice of alternatives.

1. I daydream
 - A. infrequently.
 - B. once a week.
 - C. once a day.
 - D. a few times during the day.
 - E. many different times during the day.

2. Daydreams or fantasies make up
 - A. no part of my waking thoughts.
 - B. less than 10% of my waking thoughts.
 - C. at least 10% of my waking thoughts.
 - D. at least 25% of my waking thoughts.
 - E. at least 50% of my waking thoughts.

3. As regards daydreaming, I would characterize myself as someone who
 - A. never daydreams.
 - B. very rarely engages in daydreaming.
 - C. tends towards occasional daydreaming.
 - D. tends towards moderate daydreaming.
 - E. is a habitual daydreamer.

4. I have a night dream
 - A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.

5. I recall or think over my daydreams
 - A. infrequently.
 - B. once a week.
 - C. once a day.
 - D. a few times during the day.
 - E. many different times during the day.

6. When I am not paying close attention to some job, book or TV, I tend to be daydreaming
- A. 0% of the time.
 - B. 10% of the time.
 - C. 25% of the time.
 - D. 50% of the time.
 - E. 75% of the time.
7. I can recall a night dream
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.
8. When I am sleeping, I seem to be dreaming
- A. practically never.
 - B. just a little.
 - C. some of the time.
 - D. more than half the time.
 - E. most of the time.
9. Instead of noticing people and events in the world around me, I will spend approximately
- A. 0% of my time lost in thought.
 - B. less than 10% of my time lost in thought.
 - C. 10% of my time lost in thought.
 - D. 25% of my time lost in thought.
 - E. 50% of my time lost in thought.
10. I daydream at work (or school)
- A. infrequently.
 - B. once a week.
 - C. once a day.
 - D. a few times during the day.
 - E. many different times during the day.
11. I recall my night dreams vividly, i.e., extremely clearly,
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.

12. I recall my night dreams in the form of
- A. vague impressions.
 - B. fragments.
 - C. general idea.
 - D. main plot with some detail.
 - E. clearly with great detail.
13. A night's sleep for me contains a dream
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.
14. Recalling things from the past, thinking of the future, or imagining unusual kinds of events occupies
- A. 0% of my waking day.
 - B. less than 10% of my waking day.
 - C. 10% of my waking day.
 - D. 25% of my waking day.
 - E. 50% of my waking day.
15. I recall my night dreams fairly clearly
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.
16. I have a really vivid night dream
- A. rarely or never.
 - B. once a month.
 - C. once a week.
 - D. several times a week.
 - E. every night.
17. I lose myself in active daydreaming
- A. infrequently.
 - B. once a week.
 - C. once a day.
 - D. a few times during the day.
 - E. many different times during the day.
18. Whenever I have time on my hands I daydream
- A. never.
 - B. rarely.

- C. sometimes.
 - D. frequently.
 - E. always.
19. I recall my night dreams in some form
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.
20. When I am at a meeting or show that is not very interesting, I daydream rather than pay attention
- A. never.
 - B. rarely.
 - C. sometimes.
 - D. frequently.
 - E. always.
21. I recall interesting or elaborate night dreams
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.
22. I consider myself a person who night dreams
- A. never.
 - B. rarely.
 - C. occasionally.
 - D. frequently.
 - E. a great deal.
23. I am awakened with the realization that I have been dreaming
- A. rarely or never.
 - B. once a month.
 - C. several times a month.
 - D. several times a week.
 - E. once a night.
24. On a long bus, train, or airplane ride I daydream
- A. never.
 - B. rarely.
 - C. occasionally.
 - D. frequently.
 - E. a great deal of time.

PART II

All of the remaining items belong to Part II. Indicate to what extent each item applies to you, or is true for you by choosing from the five alternatives listed next.

A stands for “definitely not true for me” or “strongly uncharacteristic of me.”

B stands for “usually not true for me.”

C stands for “usually true for me.”

D stands for “true for me.”

E stands for “very true for me” or “strongly characteristic of me.”

(Note how these five alternatives go from one extreme to the opposite extreme.)

25. My mind seldom wanders while I am working.
26. I daydream about accomplishing a difficult task.
27. I can be aroused and excited by a daydream.
28. Daydreams I have often are about different ways of finishing things I still have to do in my life.
29. I often have thoughts about things that could rarely occur in real life.
30. A “happy” daydream helps me “snap out of” a spell of unhappiness.
31. Most of the things I do are not important or interesting.
32. I find myself thinking more about interesting and new machines rather than about people.
33. When faced with a difficult situation, I imagine that I have worked out the problem and try out my solution in my thoughts.
34. I find myself imagining that I am a top executive and respected by all my colleagues.
35. As a child I was a constant daydreamer.
36. I daydream about utterly impossible situations.
37. The visual images in my daydreams are so vivid, I believe that they are actually happening.
38. If something is really on my mind I often brood on it for hours on end.
39. I often think about the lives of famous persons.
40. My daydreams are often stimulating and rewarding.
41. In my daydreams I solve the problems of my family and friends as well as my own.
42. During a daydream I sometimes feel a rousing sense of enthusiasm and excitement.
43. The things I daydream about aren't things that could happen in real life.
44. I daydream about working at something which later becomes vitally important to industry and society.
45. Each day is full of things which keep me interested.
46. I have always been interested in the lives of other persons.
47. My daydreams offer me useful clues to tricky situations I face.
48. My daydreams often cheer me up when I feel blue.
49. At times it is hard for me to keep my mind from wandering.
50. I find that I easily lose interest in things that I have to do.
51. My daydreams are fairly realistic.

A:: Definitely not true
B:: Usually not true

C:: Usually true
D:: True
E:: Very true

52. In my daydreams, both visual scenes and sounds are so clear and distinct that I almost have to pinch myself to make sure they're not real.
53. Sometimes a thrill goes up my spine as I reflect on a great moment of triumph or achievement.
54. My daydreams are always just sort of ways of passing time rather than attempts to solve my actual daily problems.
55. Most things that are interesting to start with lose their appeal after a while.
56. My daydreams are as weird as science fiction.
57. In my daydreams, I exceed my parent's expectations.
58. I have always liked to take things apart to see what makes them work.
59. When I visit a place of historical importance, I tend to be more interested in the buildings and the objects inside, than in the lives of the people who once lived there.
60. My mind seldom wanders from my work.
61. It is hard for me to distinguish my daydreams from what is actually happening in real life.
62. I become so affected by my daydreams, that they will subsequently determine my mood.
63. I tend to get pretty wrapped up in my daydreaming.
64. My idle thoughts do not provide me many workable solutions to problems.
65. I know relatively little about the mechanical operation of an automobile.
66. During a lecture or speech, my mind often wanders.
67. I like to finish what I am doing before starting something new.
68. I often relive happy or exciting experiences in my daydreams.
69. My daydreams are closely related to problems that come up during my daily life.
70. I often notice a person at a restaurant or bar and wonder what he does for a living or what kind of person he is.
71. I have often thought that I would like to do research in the physical sciences.
72. I daydream about doing things I know will never be possible for me.
73. I imagine receiving the highest honor given in my field of work.
74. I believe I actually see visions of people I know even though it seems impossible for them to be there at the time.
75. I seldom have the same daydream more than once.
76. I have seldom found my mind wandering during a speech, concert, show, radio, or TV program.
77. My daydreams often leave me with feelings of sadness.
78. I tend to be easily bored.
79. My daydreams are realistic and rarely contain wild, strange thoughts.
80. Some of the voices in my thoughts are threatening or frightening.
81. I am interested in the kinds of highly skilled machine operations that can be successfully duplicated by completely automatic equipment.
82. A daydream can bring a smile to my face.
83. I imagine solving all my problems in my daydreams.
84. I seldom get really interested and involved in what I am doing.
85. My thoughts seldom drift from the subject before me.

A:: Definitely not true
B:: Usually not true

C:: Usually true
D:: True
E:: Very true

86. When buying a finished product at a store, it would never occur to me to think of the many involved processes that have gone into its production.
87. I like to read about the personal lives of persons in public prominence.
88. Sometimes my imagination keeps coming back to the same things over and over again no matter how much I try to change the subject.
89. I often imagine myself as a different person or living a very different life than I am now.
90. In my fantasies, voices of people important in my life are telling me what to do.
91. When I have an unusually enjoyable daydream, I try to prevent it from coming to an end.
92. I am the kind of person whose thoughts often wander.
93. In my fantasies, I receive an award before a large audience.
94. I often find it quite difficult to finish something that I was initially quite interested in.
95. I usually feel content and quite excited after a daydream.
96. Daydreams do not have any practical significance for me.
97. Some of my daydreams are so striking that I keep on thinking about them after they are over.
98. I have little interest in the private lives of my schoolmates or fellow workers.
99. The events in my daydreams are so much like the things I do from day-to-day.
100. My daydreams are so clear that I often believe the people in them are in the room.
101. I can work at something for a long time without feeling the least bit bored or restless.
102. I have little difficulty in keeping my attention focused on a long, tedious task.
103. When traveling through a residential area for the first time, I often wonder how the local inhabitants live their daily lives.
104. When a child, I would often create a great fantasy world for myself.
105. I have little or no interest in the private affairs of others.
106. In my daydreams, I have succeeded in becoming a respected figure in my field of work.
107. I often wonder how a particular electrical or mechanical device works.
108. The voices and sounds in my daydreams seem real.
109. Sometimes a daydream will make me so upset that I feel like crying.
110. Daydreams are more likely to arouse pleasant than unpleasant emotions within me.
111. My fantasies sometimes surprise me by suggesting an answer to a problem which I could not work out.
112. I can work at one thing for a long time with relatively little effort.
113. I like to read about new scientific findings.
114. The things that happen in my daydreams are often extremely strange and unusual.
115. I daydream about being promoted to a better position.
116. I am not particularly interested in what life is like in far off countries such as India.
117. No matter how hard I try to concentrate, thoughts unrelated to my work always creep in.
118. In my daydreams, the voices of people in my family are criticizing me.
119. Something that has happened during the day often goes over and over in my mind.
120. Most of my time is filled with exciting, interesting things.

A:: Definitely not true
B:: Usually not true

C:: Usually true
D:: True
E:: Very true

121. In my idle thoughts, I picture myself receiving an award for outstanding achievement in the field.
122. I find the humanities more stimulating than the sciences.
123. I often wonder about the life of a person I happen to see standing at a window of an apartment building.
124. My daydreams often leave me with a warm, happy feeling.
125. I can get a fresh approach to an old problem almost at once during what begins as an idle daydream.
126. Voices in my daydreams seem so distinct and clear that I'm almost tempted to answer them.
127. My daydreams seldom repeat themselves.
128. Most of my daydreams are about really unusual people or about events that could hardly ever happen.
129. I picture myself being very successful and living in a beautiful home in the country.
130. I tend to be quite wrapped up and interested in whatever I am doing.
131. My imagination often goes around and around in the same circle.
132. I have difficulty in maintaining concentration for long periods of time.
133. I seldom wonder about the mysteries of the physical world such as where electricity comes from.
134. I am not interested in the personal lives of prominent persons.
135. A daydream can completely change my mood.
136. In my daydreams, I see myself as an expert, whose opinion is sought by all.
137. The people in my daydreams are so true to life, I often believe they are in the same room with me.
138. I feel very emotional during my daydreams.
139. I have often wondered how a bird is able to fly.
140. My fantasies usually provide me with pleasant thoughts.
141. Sometimes an answer to a difficult problem will come to me during a daydream.
142. I often have some kind of emotional reaction to my daydreams.
143. While traveling, I rarely wonder about how my fellow passengers live.
144. My daydreams are fairly matter-of-fact and down-to-earth.
145. I am seldom bored.
146. I often daydream about events that happened over a year ago.
147. During a speech, meeting, or lecture I often "come to"—realizing that I have not heard a word the speaker was saying.
148. I often have the same daydream over and over again.
149. I picture myself being accepted into an organization for successful individuals only.
150. My thoughts seem as real as actual events in my life.
151. Some of my daydreams are so powerful that I just can't take my attention away from them.
152. I do not like to visit factories and manufacturing plants.
153. Daydreaming in an adult is really childish.
154. Before going somewhere, I imagine the scene and what I will be doing.
155. In my daydreams, I fear meeting new responsibilities in life.
156. Sometime during the day I am not particularly aware of anything within my mind.

A:: Definitely not true C:: Usually true
B:: Usually not true D:: True
E:: Very true

157. My daydreams often contain depressing events which upset me.
158. In a daydream, I can hear a tune almost as clearly as if I were actually listening to it.
159. I imagine myself physically hurting someone I hate.
160. My attention is seldom diverted by what others around me are doing.
161. The “scenes” in my daydreams are sort of fuzzy and unclear.
162. My daydreams always relate to events current in my life.
163. I often daydream about events that happened more than a year ago.
164. I enjoy arguing with someone who knows a lot.
165. Daydreaming is normal for adults as well as for adolescents and children.
166. I picture myself as I will be several years from now.
167. I picture myself not receiving a promotion I long waited for.
168. My mind is often blank.
169. A mere daydream cannot frighten or upset me.
170. When people speak in my daydreams, I cannot really hear their voices.
171. In my fantasies, I am resentful to a superior for reprimanding me without just cause.
172. I am always glad when I find an excuse to take me away from my work.
173. I can see the people or things in my daydreams as if they were moving around.
174. My thoughts are never on things far removed from my present day problems.
175. I never think at all about events or scenes of my early childhood.
176. I find that sitting home is a nice way to pass the time.
177. I feel badly about daydreaming because it may indicate a weakness in character.
178. I am more likely to think about tomorrow than wonder about yesterday.
179. I find myself imagining the unhappiness I caused my family because of my failure.
180. When alone, thoughts do not stop racing through my mind.
181. I will not allow myself to think of some things, knowing how upset I can become when I do.
182. My daydreams are usually accompanied by the sounds of the subjects of my daydreams.
183. In my fantasies, I see myself seeking revenge on those I dislike.
184. Faced with a tedious job, I notice all the other things around me that I could be doing.
185. I sometimes have a very clear, lifelike picture of what I am imagining.
186. My present-day concerns are usually reflected in my daydreams.
187. My daydreams about love are so vivid, I actually feel they are occurring.
188. I don't particularly like to spend an entire evening doing many things or going to many different places.
189. A really original idea can sometimes develop from a really fantastic daydream.
190. I think about how “the world of the future” will look.
191. I imagine myself preventing a plot to kill a political candidate.
192. My thoughts often seem to race through my mind.
193. I get the “chills” as a result of some of my thoughts.
194. I can hear music with shades of both softness and loudness in my daydreams.
195. In my daydreams, I am caught after stealing something very expensive.
196. When sitting in a large lecture or meeting, I usually find myself looking around a great deal at the people or objects in the room.

A:: Definitely not true
B:: Usually not true

C:: Usually true
D:: True
E:: Very true

197. I can often “see” a large number of things or people in my fantasies.
198. I like to talk about my problems.
199. I imagine myself to be physically attractive to people of the opposite sex.
200. I am happiest when there is nothing I have to do and nowhere I have to go.
201. Daydreams are unreal and seldom come true.
202. I never plan where I’ll be or what I’ll be doing several years from now.
203. I daydream of volunteering as a subject for an important scientific experiment and winning fame for my bravery.
204. I think about a subject only for a few seconds before the next thought appears in my mind.
205. Sometimes a passing thought will seem so real that I will shudder and feel uneasy.
206. During a daydream, voices seem to come in loudly and clearly and then fade away.
207. I daydream about having been caught in a crime and sentenced to jail for a long time.
208. When stuck with one job for a long time, I begin to pay attention to my fingernails or some aspect of my personal appearance.
209. I do not really “see” the objects in the daydream.
210. I prefer to keep my personal thoughts and feelings to myself.
211. While working intently at a job, my mind will wander to thoughts about sex.
212. I like to travel.
213. I feel guilty about my daydreams.
214. I do not think about what the future will be like.
215. I daydream of saving someone very dear to me from a blazing fire.
216. There is always something going through my mind.
217. My daydreams have such an emotional effect on me that I often react with fear.
218. In my fantasies, a friend discovers that I have lied.
219. Even when I am listening to an interesting speaker, my mind wanders.
220. My fantasies often consist of black-and-white or color images.
221. Sometimes on the way to work, I imagine myself making love to an attractive person of the opposite sex.
222. I like to spend my vacation doing absolutely nothing.
223. Because daydreaming often takes me away from my work, I try to avoid it even when I have no specific task to complete.
224. I daydream about what is about to happen.
225. I see myself scoring the deciding point in an important tournament match.
226. I find thoughts chasing through my head at a great speed.
227. I respond with a shock when an exciting daydream reaches a peak.
228. I sometimes seem able to hear the characters in my fantasies talking to one another.
229. I often feel tortured by the images of the sins I have committed.
230. I find it hard to read when someone is on the telephone in a neighboring room.
231. My daydreams are mostly made up of thoughts and feelings rather than visual images.
232. No matter how upsetting, I cannot help but daydream about things I’m worried about right now, rather than picturing a brighter future.
233. My sexual daydreams are very vivid and clear in my mind.

A:: Definitely not true
B:: Usually not true

C:: Usually true
D:: True
E:: Very true

234. The fewer daydreams one has, the more time there is to really “live.”
235. I seldom think about what I will be doing in the future.
236. I imagine saving my family from a serious financial situation by doing some hard or dangerous work.
237. Many times there is nothing at all going through my mind.
238. Some of my daydreams are so filled with emotion as to make me tense up my body.
239. I daydream more about events that have already happened than about things in the future.
240. I daydream about taking advantage of someone less fortunate than I and feeling guilty about it afterward.
241. I find it difficult to concentrate when the TV or radio is on.
242. Visual scenes are an important part of my daydreams.
243. I daydream of being interviewed for an important job and giving a bad impression.
244. While reading, I often slip into daydreams about sex or making love to someone.
245. It is a rare weekend that I have nothing planned.
246. Daydreams accomplish nothing more than a temporary escape and just avoid things that must be done.
247. I picture myself telling off my parents.
248. I think about saving the life of a drug addict.
249. The effect of a frightening daydream will linger on for a long time.
250. I daydream about the first places in which I lived, the scenery, and the events of my youth.
251. I often imagine that someone else knows of the things I’ve done wrong and holds them against me.
252. The “pictures in my mind” seem as clear as photographs.
253. I daydream that my children or others I love do not become very successful.
254. While traveling on the train, or bus, or airplane my idle thoughts turn to love.
255. I don’t like to share my problems with others.
256. Daydreaming never solves any problems.
257. I enjoy talking about my personal feelings—the things that make me happy, the things that make me sad.
258. I imagine my preventing an airplane hijacking.
259. My thoughts often come to me slowly.
260. Unpleasant daydreams don’t frighten or bother me.
261. I rarely find myself recalling moments of my childhood.
262. In my daydreams I feel guilty for having escaped punishment.
263. I can study quite well under noisy, disruptive circumstances.
264. The scenes of my daydreams are never longer than brief flashes.
265. I imagine myself not being able to finish a job I am required to do.
266. Whenever I am bored, I daydream about the opposite sex.
267. I like to tell people my dreams.
268. Daydreaming is a common experience for great scientists and artists as well as for the average person.
269. In my daydreams I become angry and even antagonistic towards others.
270. I picture myself risking my life to save someone I love.

A:: Definitely not true
B:: Usually not true

C:: Usually true
D:: True
E:: Very true

271. I often have periods where I am not particularly conscious of my thoughts.
272. I never panic as a result of a daydream.
273. Events from my childhood recur to me very clearly and with many details.
274. I imagine myself running away from someone who is going to punish me.
275. My ability to concentrate is not impaired by someone talking in another part of my house or apartment.
276. The “scenes” in my daydreams are so vivid and clear to me that my eyes seem actually to follow them.
277. In my idle thoughts, I fear not being able to meet the demands of my job.
278. Sometimes in the middle of the day, I will daydream of having sexual relations with someone I am fond of.
279. I would like to take part in a sensory deprivation experiment.
280. I find my daydreams are worthwhile and interesting to me.
281. I would not like to take LSD or mescaline in order to enrich my experiences.
282. I imagine myself an important diplomat negotiating peaceful settlement of a foreign war.
283. My mind is always on the go.
284. Some of my fantasies are so terrifying, I shake and shiver.
285. In my daydreams, I am more likely to “re-live” the past than to look ahead into the future.
286. I feel guilty in a daydream because of my cheating in a game or contest.
287. I am not easily distracted.
288. I can still remember scenes from recent daydreams.
289. In my daydreams, I lose my job and am financially in debt, and feel worthless.
290. In my fantasies, I arouse great desire in someone I admire.
291. I like peace and quiet.
292. The sounds I hear in my daydreams are clear and distinct.
293. In my daydreams, I get so bitter, I begin hurting people I love.
294. I daydream of becoming an important government official.
295. I am very much concerned with the present in my daydreams.
296. I sometimes daydream about people and places I was familiar with when I was younger.
297. In my daydreams, I am always afraid of being caught doing something wrong.
298. My thoughts are about daily activities, rather than about tomorrow bringing something “new and exciting.”
299. My thoughts are of the future rather than of the past.
300. I daydream that I will never do anything worthwhile for myself or for others.
301. Before going to sleep, my idle thoughts turn to lovemaking.
302. I get restless if I have nothing to do.
303. I can hear conversations between myself and other people very clearly in my mind during a daydream.
304. I like to talk about personal things.
305. I daydream about saving a drowning child.
306. I don't like being a subject in an experiment or answering a personality test.
307. I imagine myself in situations far removed from my day-to-day life.

A:: Definitely not true C:: Usually true
B:: Usually not true D:: True
E:: Very true

308. I think more about the “here-and-now” than about yesterday.
309. In my daydreams I feel guilty because I have done something which is not in accord with my religious beliefs.
310. I do not think about my day-to-day affairs.
311. I daydream about what I would like to see happen in the future.
312. In my daydreams, my employer is disappointed with my work.
313. My daydreams tend to arouse me physically.
314. I like to have the radio, TV, or record player on most of the time.
315. A piece of music sometimes runs through my head as clearly as if I were listening to it on a transistor radio.
316. I daydream of ways of “rubbing it in” or annoying certain people I dislike.
317. I imagine endangering myself in order to save my family.
318. I like to observe my own reactions to things and to other people.
319. I think about things on a day-to-day basis, rather than thinking about the past or how the future will be.
320. I do not think about scenes from my early years.
321. I imagine myself borrowing something dear from a friend and damaging it.
322. At the amusement park, I like to go on the most scary rides.
323. I find myself imagining what I will be doing a year from now.
324. I imagine myself failing those I love.
325. My mind is always active.
326. I have never wanted to keep a diary.
327. When I do hear voices in my thoughts, they are not really very clear or recognizable.
328. I find myself imagining ways of getting even with those I dislike.
329. In my daydreams, I show my anger towards my enemies.
330. I daydream more about my hopes for the far future than about my hope for the present time.
331. I seldom find myself daydreaming about my younger days.
332. I don't like to do dangerous or daring things.
333. I imagine myself displaying my hatred against those whose morals and values are not in accord with my own.
334. I tend to daydream about the events of the coming weeks and months more than of the happenings of the past.
335. I daydream about not living up to my parents' expectations.
336. I feel uncomfortable when someone asks me a personal question.
337. Sometimes sounds I've heard in the past come into my mind during a daydream as if I could almost hear them again.
338. I daydream of clashing with my parents over trivial matters.
339. When I am deeply engrossed in my work, it is difficult for someone to catch my attention.
340. Details from my day-to-day life are more clear and complete in my daydreams than memories of the past.
341. I think a lot about the past.
342. I see myself attaining revenge against someone who has deceived me.

A:: Definitely not true

B:: Usually not true

C:: Usually true

D:: True

E:: Very true

343. The voices of people who are important to me sound very clear when I daydream about them.
344. I prefer to think about what's happening now in my life and avoid daydreaming about the future.