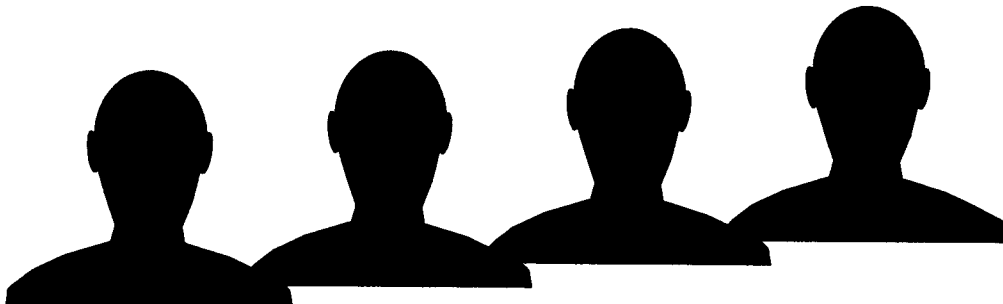


# Short Imaginal Processes Inventory

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We are asking your cooperation in responding to a questionnaire about your inner experiences, your images, dreams, and daydreams. There is no "official" definition for words like "daydream". Interpret these words in terms of their common meanings as they might apply to you. Be careful to distinguish between **thinking** about something you are doing at that moment and **daydreaming** about something else. Thinking about a task while working on it is not daydreaming, although having thoughts about the task at other times, such as while getting ready for sleep or on a long bus ride, could be daydreaming.



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# INSTRUCTIONS

Each statement says something about daydreams or daydreaming. Indicate to what extent each statement **applies to you**, or is **true for you**, by checking the box above the appropriate number,

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

**4** stands for “**moderately true or characteristic of me**”.

**3** stands for “**neither particularly characteristic nor uncharacteristic of me**”.

**2** stands for “**moderately untrue or uncharacteristic of me**”.

**1** stands for “**definitely untrue or strongly uncharacteristic of me**”.

1. I tend to be quite wrapped up and interested in whatever I am doing.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

2. A really original idea can sometimes develop from a really fantastic dream.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

3. In my fantasies, a friend discovers I have lied.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

4. I do not really “see” the objects in a daydream

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

5. I am the kind of person whose thoughts often wander.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

6. In my dreams, I see myself as an expert, whose opinion is sought by all.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

7. Sometimes an answer to a difficult problem will come to me during a daydream.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

8. My mind seldom wanders from my work.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

9. I imagine myself failing those I love.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

10. I picture myself as I will be several years from now.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5



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11. I find that I easily lose interest in things that I have to do.

1       2       3       4       5

12. My daydreams often contain depressing events which upset me.

1       2       3       4       5

13. I am not easily distracted.

1       2       3       4       5

14. In my dreams, I show my anger toward my enemies.

1       2       3       4       5

15. My fantasies usually provide me with pleasant thoughts.

1       2       3       4       5

16. My ability to concentrate is not impaired by someone talking in another part of my house or apartment.

1       2       3       4       5

17. The sounds I hear in my daydreams are clear and distinct.

1       2       3       4       5

18. I imagine myself not being able to finish a job I am required to do.

1       2       3       4       5

19. Daydreaming never solves any problems.

1       2       3       4       5

20. No matter how hard I try to concentrate, thoughts unrelated to my work always creep in.

1       2       3       4       5

21. In my daydreams I become angry and even antagonistic towards others.

1       2       3       4       5

22. My daydreams are often stimulating and rewarding.

1       2       3       4       5





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23. I can work at something for a long time without feeling the least bit bored or restless.

1       2       3       4       5

24. In my daydreams, I am always afraid of being caught doing something wrong.

1       2       3       4       5

25. Faced with a tedious job, I notice all the other things that I could be doing.

1       2       3       4       5

26. I seldom think about what I will be doing in the future.

1       2       3       4       5

27. In my fantasies, I receive an award before a large audience.

1       2       3       4       5

28. My daydreams offer me useful clues to tricky situations I face.

1       2       3       4       5

29. I tend to be easily bored.

1       2       3       4       5

30. Unpleasant daydreams don't frighten or bother me.

1       2       3       4       5

31. The “pictures” in my mind seem as clear as photographs.

1       2       3       4       5

32. In my daydreams, I fear meeting new responsibilities in life.

1       2       3       4       5

33. I find it hard to read when someone is on the telephone in a neighboring room.

1       2       3       4       5

34. I find myself imagining ways of getting even with those I dislike.

1       2       3       4       5





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35. I am seldom bored.

1       2       3       4       5

36. My daydreams often leave me with a warm, happy feeling.

1       2       3       4       5

37. I picture myself being accepted into an organization for successful individuals only.

1       2       3       4       5

38. Daydreams do not have any practical significance for me.

1       2       3       4       5

39. I find it difficult to concentrate when the TV or radio is on.

1       2       3       4       5

40. I daydream about what I would like to see happen in the future.

1       2       3       4       5

41. In my daydreams I feel guilty for having escaped punishment.

1       2       3       4       5

42. My thoughts seldom drift from the subject before me.

1       2       3       4       5

43. I find my daydreams are worthwhile and interesting to me.

1       2       3       4       5

44. I never panic as the result of a daydream.

1       2       3       4       5

45. I have difficulty maintaining concentration for long periods of time.

1       2       3       4       5

