



David Baker-Hargrove, Ph.D., LMHC, DAPA, CCFC
Abraham Soto, Ph.D., LCSW
Ann Currier, MA, Associate Therapist
Sarah Hoskens, MA, Registered Mental Health Counselor Intern



Psychotherapy • Organizational Consulting
GLBT Mental Health • PTSD • Mental Health Boot Camp

Client ID Code: _____

Total Score: _____

Date Taken: _____

Dissociative Disorders Questions

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

1. I sometimes have the experience of finding myself in a place and having no idea how I got there. _____
2. I sometimes have the experience of finding new things among my belongings that I do not remember buying or how I got them. _____
3. I sometimes find that I am approached by people that I do not know who call me by another name or insist that they have met me before. _____
4. I sometimes find that I have no memory for some important events in my life (for example, a wedding or graduation). _____
5. I sometimes have the experience of being accused of lying when I honestly do not think that I have lied. _____
6. I sometimes find evidence that I have done things that I do not remember doing. _____
7. Sometimes I find writings, drawings, or notes among my belongings that I must have done but cannot remember doing. _____

8. Sometimes I hear voices inside my head that tell me to do things or comment on things that I am doing. _____
9. I have experienced or witnessed an event in my past which troubles and haunts me today to the degree that I feel emotionally and/or functionally compromised. _____
10. I have intrusive flashbacks about the event, or sometimes feel like it is happening again. _____
11. I have intense physical or emotional distress when I am exposed to things that remind me of the event. _____
12. I feel like I never sleep. _____
13. I have horrible migraines. _____

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

14. I understand the concept of “many people-one body”. _____
15. I believe I am responsible for directing all of my alters into a functioning system that enables me to live a productive, fulfilling life. _____
16. I have developed ways to put more structure/organization into my life and I do those things every day so that I will feel more in control of my life. _____
17. My moods are not a mystery. I know how they are triggered and I know how to manage them to prevent serious relapse. _____

18. I fully understand the concepts of Eat Right/Sleep Right/Think Right/Exercise and have a plan for applying each principle into every day of my life._____

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BHC: 407-963-5664 • Two Spirit: 407-487-9868 • Fax: 888-972-6451
801 N. Magnolia Avenue, Suite 220 • Orlando, Florida 32803
info@drdavidbakerhargrove.com • www.drdavidbakerhargrove.com