

# Detailed descriptions of your states

## PART 2 DETAILED DESCRIPTIONS OF YOUR STATES

NB. Complete a separate page for each recognised state.

THIS PAGE REFERS TO

(Name of state)

Ring the letter of the state described on this page:

A B C D E F G H I J K L M N O

---

Indicate below how you feel in yourself, your attitude towards others and other people's attitude to you by circling or underlining descriptions which apply:

1 In this state I feel:

Content	In control of my life	Secure	Efficient
Powerful	Energetic	Over the top	Blissfully happy
Anxious	Sad	Despairing	Hopeless
Weak	Guilty	Exhausted	Worthless
Out of control	Vicious	Dangerous to myself	Dangerous to others
Emotionally blank	Unreal	Strangely detached	Headache
Other physical symptoms			

2 In this state my attitude and/or behavior to other people is:

Respecting	Indifferent	Caring	Dependent
Submissive	Anxious to please	Controlling	Violent
Cruel	Rejecting	Threatening	Critical
Demanding	Fearful	Kind	Contemptuous
Dangerous	Competitive		

3 In this state other people`s attitude and/or other people is:

Respecting	Indifferent	Caring	Dependent
Submissive	Anxious to please	Controlling	Violent
Cruel	Rejecting	Threatening	Critical
Demanding	Fearful	Kind	Contemptuous
Dangerous	Competitive		

4 Other features of this state.

Ring the answers which apply; there may be more than one answer for some questions:

**How often have you experienced this state in the last 6 months?**

Every day	Most days	Most weeks	Every month
Occasionally	Never		

**How long does this state usually last?**

A few minutes	Less than an hour	Several hours	All day
2 or more days			

**How quickly does this state usually come on?**

Abruptly	Over a few minutes	Gradually
----------	--------------------	-----------

**How quickly does this state usually go away?**

Abruptly	Over a few minutes	Gradually
----------	--------------------	-----------

**What makes this state likely to come on?**

Conscious choice	What others say or do (or do not say or do)	Self judgements	Drinking alcohol
Taking other drugs	Fatigue		

**What can make this state end?**

Conscious choice	What others say or do	Talking to myself	Talking to a friend
Drinking alcohol	Taking other drugs	Hurting myself	No clear cause
Other (specify)			

**Remembering other states: in this state how many other states do you remember?**

All	Most	Some	None
-----	------	------	------

