Immersive Daydreaming Content Checklist

Eli Somer, Hildy Wen, Reut Brenner

Name or respondent number________________
Please read the following statements and mark all that apply to your daydreaming:

- **The Sources of inspiration for the fantasy scenarios and characters in your daydreams often are:**
  - Current real life
  - Past real-life
  - Sci-Fi
  - Fictional characters taken from a movie or a TV show
  - Fictional characters taken from a video game
  - Fictional characters taken from a book
  - Imaginary characters created by the daydreamer
  - Other: __________________________

- **Which of the following statements characterizes your daydreams? (Mark all that apply)**
  - Same daydream scenario is often repeated over many days
  - A particular daydream is repeated with minor changes
  - Minimal or no repetition in daydream themes
  - Same characters and world, but the storyline evolves over time
  - You are one of the daydream characters
  - You are just observing the characters interact in your daydream, but you are not part of them
  - The characters in your daydreams act independently. They are not under your control.

- **Which of the following functions do your daydreaming fulfill? (Mark all that apply)**
  - Wish fulfilment
  - Planning/practicing/rehearsing
  - Fighting boredom
  - Distraction from painful memories
  - Distraction from an unpleasant current reality
  - Distraction from or regulation of painful feelings
  - A rewarding pastime
  - A need to experience emotional pain/suffering
  - Other___________________________________
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- Which of the following themes characterizes your daydreams? (Mark all that apply)

  o An idealized version of you (you own the characteristics you yearn for)
  o Having an idealized version of your own family of origin/your family members having idealized relationships with you and each other
  o Having an idealized different family of origin
  o Living an idealized life (perfect job, living in an ideal location, etc.)
  o Life of another idealized family (not yours)
  o Your current relationship
  o An idealized version of your current relationship
  o A relationship with a different person/finding love
  o Having lots of friends
  o Having conversations with friends
  o Being a sexually attractive and desirable person
  o Achievement of success, recognition, fame
  o Being powerful, dominant
  o Receiving extra attention (e.g., due to illness/vulnerability/neediness)
  o The experience of emotions that are difficult to have in real life
  o Death
  o Physical violence as perpetrator
  o Physical violence as victim
  o Sexual violence as perpetrator
  o Sexual violence as victim
  o Taking revenge
  o Being a captor
  o Being captive
  o Being rescued
  o Being as rescuer
  o Being a hero or heroine
  o Escape
  o Building a complex fantasy world (For example, worlds involving magic or magical abilities, nonexistent technology, historical or futuristic themes)
  o Planning/imagining a successful, accomplished future
  o Recalling/reliving past event
  o Rewriting past events
  o Other ________________________________