

Immersive Daydreaming Content Checklist

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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)**

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