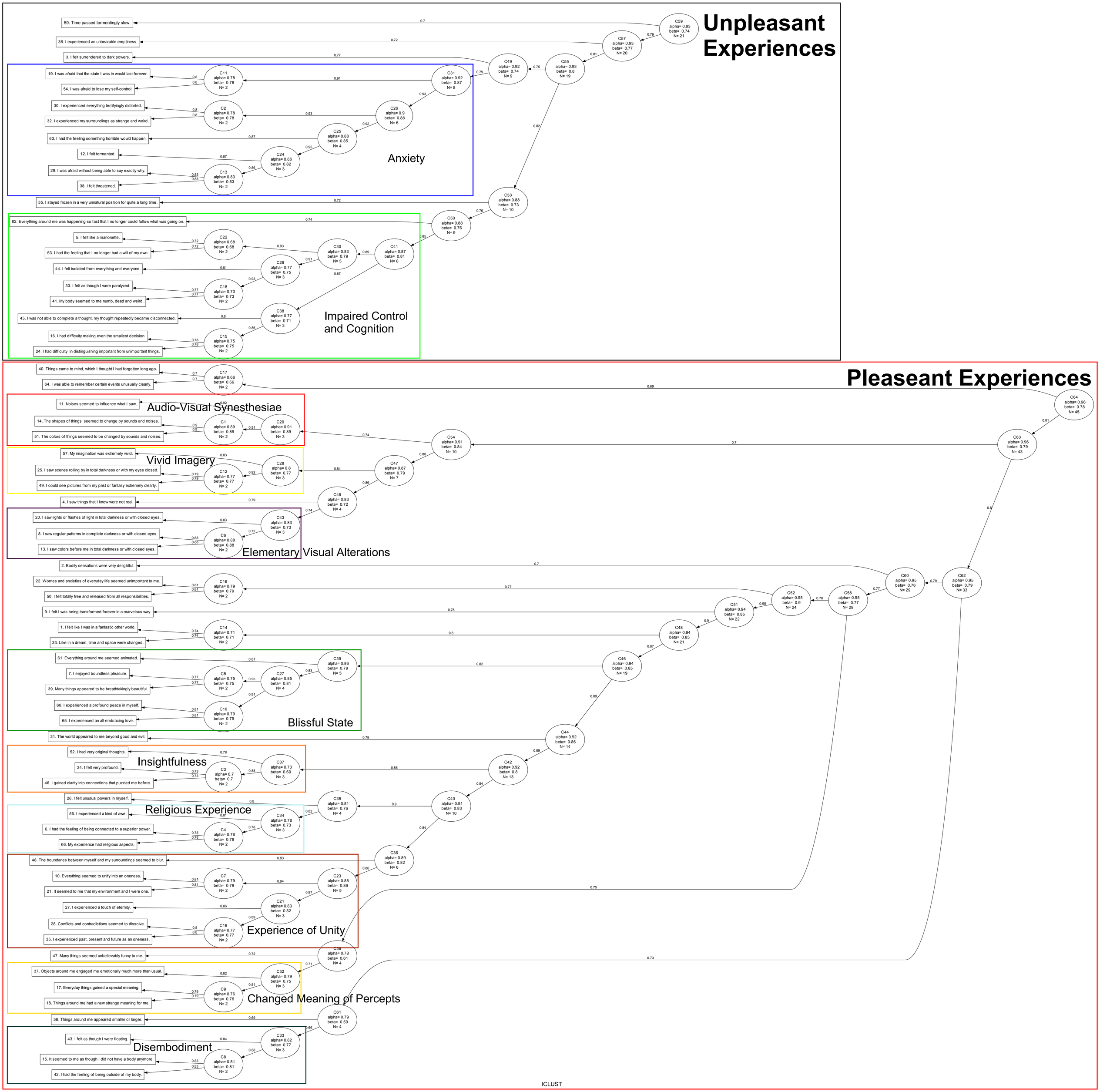
Unpleasant Experiences
Anxiety
Impaired Control and Cognition
Pleaseant Experiences
Audio-Visual Synesthesiae
Vivid Imagery
Elementary Visual Alterations
Blissful State
Insightfulness
Religious Experience
Experience of Unity
Changed Meaning of Percepts
Disembodiment
59. Time passed tormentingly slow.
36. I experienced an unbearable emptiness.
3. I felt surrendered to dark powers.
19. I was afraid that the state I was in would last forever.
54. I was afraid to lose my self-control.
30. I experienced everything terrifyingly distorted.
32. I experienced my surroundings as strange and weird.
63. I had the feeling something horrible would happen.
12. I felt tormented.
29. I was afraid without being able to say exactly why.
38. I felt threatened.
55. I stayed frozen in a very unnatural position for quite a long time.
62. Everything around me was happening so fast that I no longer could follow what was going on.
5. I felt like a marionette.
53. I had the feeling that I no longer had a will of my own.
44. I felt isolated from everything and everyone.
33. I felt as though I were paralyzed.
41. My body seemed to me numb, dead and weird.
45. I was not able to complete a thought, my thought repeatedly became disconnected.
16. I had difficulty making even the smallest decision.
24. I had difficulty in distinguishing important from unimportant things.
40. Things came to mind, which I thought I had forgotten long ago.
64. I was able to remember certain events unusually clearly.
11. Noises seemed to influence what I saw.
14. The shapes of things seemed to change by sounds and noises.
51. The colors of things seemed to be changed by sounds and noises.
57. My imagination was extremely vivid.
25. I saw scenes rolling by in total darkness or with my eyes closed.
49. I could see pictures from my past or fantasy extremely clearly.
4. I saw things that I knew were not real.
20. I saw lights or flashes of light in total darkness or with closed eyes.
8. I saw regular patterns in complete darkness or with closed eyes.
13. I saw colors before me in total darkness or with closed eyes.
2. Bodily sensations were very delightful.
22. Worries and anxieties of everyday life seemed unimportant to me.
50. I felt totally free and released from all responsibilities.
9. I felt I was being transformed forever in a marvelous way.
1. I felt like I was in a fantastic other world.
23. Like in a dream, time and space were changed.
61. Everything around me seemed animated.
7. I enjoyed boundless pleasure.
39. Many things appeared to be breathtakingly beautiful.
60. I experienced a profound peace in myself.
65. I experienced an all-embracing love.
31. The world appeared to me beyond good and evil.
52. I had very original thoughts.
34. I felt very profound.
46. I gained clarity into connections that puzzled me before.
26. I felt unusual powers in myself.
56. I experienced a kind of awe.
6. I had the feeling of being connected to a superior power.
66. My experience had religious aspects.
48. The boundaries between myself and my surroundings seemed to blur.
10. Everything seemed to unify into an oneness.
21. It seemed to me that my environment and I were one.
27. I experienced a touch of eternity.
28. Conflicts and contradictions seemed to dissolve.
35. I experienced past, present and future as an oneness.
47. Many things seemed unbelievably funny to me.
37. Objects around me engaged me emotionally much more than usual.
17. Everyday things gained a special meaning.
18. Things around me had a new strange meaning for me.
58. Things around me appeared smaller or larger.
43. I felt as though I were floating.
15. It seemed to me as though I did not have a body anymore.
42. I had the feeling of being outside of my body.
C59 alpha= 0.93 beta= 0.74 N= 21
C57 alpha= 0.93 beta= 0.77 N= 20
C49 alpha= 0.92 beta= 0.74 N= 9
C55 alpha= 0.93 beta= 0.8 N= 19
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