

Immersion Behaviour Questionnaire – Exceptional Experiences (IBQ-EE)

The following items concern your **actions and behaviours** in relation to your exceptional abilities, identity, role, mission, or wealth. Please answer questions on a scale of 0 to 4, where 0=not at all and 4 = all of the time. All questions refer to the **last month**.

		Not at all	Occasionally	Some of the time	Much of the time	All of the time
In relation to the last month how often have you:						
B1	Used your special abilities, identity, or wealth, or carried out your special role or mission.	0	1	2	3	4
B2	Acted in relation to your special abilities/identity/role/mission/wealth in a public place .	0	1	2	3	4
B3	Acted in relation to your special abilities/identity/role/mission/wealth in private . (E.g., at home or another private space where others are unlikely to see you.)	0	1	2	3	4
B4	Dressed in a particular way to fit with your special abilities/identity/role/mission/wealth. (E.g., wearing a special robe to perform religious actions; going out in disguise to stay undercover on a mission; wearing particular clothes or items (such as a crown) that fit with your special identity etc.)	0	1	2	3	4
B5	Directly approached or interacted with strangers or people you do not know well in the context of your special abilities/identity/role/mission/wealth. (E.g., to tell them something important; using your powers to heal others in person; apprehending or following suspects in relation to your mission; contacting famous people etc.)	0	1	2	3	4
B6	Directly approached or interacted with friends, family members, or others you know well in the context of your special abilities/identity/role/mission/wealth. (E.g., to talk to them about your special abilities/identity/role/mission/wealth; to try to help or save them; to warn them about something important etc.)	0	1	2	3	4
B7	Stopped doing, or reduced, your usual activities to focus on your special abilities/identity/role/mission/wealth. (E.g., reduced or stopped going to work, engaging in hobbies, social life etc.)	0	1	2	3	4
B8	Withdrawn from others to explore, understand, or immerse yourself in your special abilities/identity/role/mission/wealth. (E.g., not leaving the house; staying away from others you live with so that you can focus your attention on this.)	0	1	2	3	4
B9	Spent time collecting things to use in relation to your special abilities/identity/role/mission/wealth. (E.g., collecting religious objects or books; special tools etc.)	0	1	2	3	4
B10	Spent time researching or finding out information that relates to your special abilities/identity/role/mission/wealth. (This could include looking things up online, reading books/papers, or gathering information in any other way)	0	1	2	3	4
B11	Put information about your special abilities/identity/role/mission/wealth on social media . (E.g., this could include any social media platform such as Facebook, Instagram, Twitter etc.)	0	1	2	3	4
B12	Spent time keeping a record or making notes or information that relates to your special abilities/identity/role/mission/wealth. (E.g., making written records, diaries, videos, or taking photographs that relate to your special abilities/identity/role/mission/wealth.)	0	1	2	3	4
B13	Used your abilities/powers to try to heal or bless someone or perform other religious acts (e.g., preaching).	0	1	2	3	4
B14	Tried to get into contact with famous, important, or powerful people.	0	1	2	3	4
B15	Gone on an undercover mission.	0	1	2	3	4
B16	Had (or tried to have) a sexual relationship with strangers who have an important role in relation to your special abilities/identity/role/mission/wealth. (E.g., this could include being intimate with a stranger who you thought was involved in the same mission as you).	0	1	2	3	4
B17	Used your special intelligence to solve a highly complex problem. (E.g., in science, mathematics, music, literature etc.)	0	1	2	3	4
B18	Performed royal duties or acts.	0	1	2	3	4
B19	Engaged in a spiritual battle (e.g., with good or evil forces).	0	1	2	3	4
B20	Used your special abilities to try to save or help others/the world.	0	1	2	3	4
B21	Tried to teach or educate others.	0	1	2	3	4
B22	Spent a lot of your money (or a lot more than usual) on an important project, idea, or cause.	0	1	2	3	4

Scoring instructions:

Add together all 22 items to get an immersion behaviours total score.

Please note the IBQ-EE may be freely used without permission of the authors.