

Thinking about Exceptional Experiences Questionnaire (TEEQ)

The following items concern your **thoughts and feelings about your experiences of feeling exceptional**. Please circle the number that best describes your experiences over the **last two weeks**.

	Not at all	Rarely	Some of the time	Often	All of the time
In relation to my exceptional abilities/identity/role/mission/wealth:					
1 I've been thinking about it a lot.	0	1	2	3	4
2 It feels important to think about it a lot.	0	1	2	3	4
3 Anything and everything has set my mind to thinking about it.	0	1	2	3	4
4 Images (or pictures) associated with it have come into my mind.	0	1	2	3	4
5 It has been hard to think about anything else.	0	1	2	3	4
6 Thinking about it has stopped me sleeping.	0	1	2	3	4
7 Thoughts about it are hard to control.	0	1	2	3	4

Scoring instructions:

Add together the items below to obtain subscale scores:

Thinking a lot – items 1, 2, 3, 4

Difficulty controlling thoughts – items 5, 6, 7