

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

Hourly DPAFU Diary

Rate your DPAFU every hour using the scale below:

0	1	2	3	4	5	6	7	8	9	10
No DPAFU at all			Moderately DPAFU				Worst DPAFU			

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am							
7-8am							
8-9am							
9-10am							
10-11am							
11-12pm							
12-1pm							

APPENDIX II BLANK WORKSHEETS

1-2pm											
2-3pm											
3-4pm											
4-5pm											
5-6pm											
6-7pm											
7-8pm											
8-9pm											
9-10pm											
10-11pm											
11-12pm											
12-1am											