

Auto Evaluation Test (AET) version 4.01

(please give extended answers)

- 1) Have you ever had a nosebleed from only one nostril? (Which one?)
- 2) Have you ever had hearing problems with only one ear in the form of strange sounds? (Which one?)
- 3) Do you have any scars whose cause you cannot remember?
- 4) Have you ever suffered from depression?
- 5) Have you ever dreamt about a person identical to yourself (a copy of yourself)?
- 6) Have you ever felt or dreamt that you were physically from another planet?
- 7) Have you ever found any objects out of place, whether on your body (rings, necklaces, earrings, piercings, etc.), or in your living space?
- 8) Have you ever dreamt about somebody introducing something into your nostril, ear cavity, eyeball or genitals?
- 9) Have you ever dreamt about a being non-equal to us?

If yes:

- a) How tall was it?
 - b) How was it dressed up?
 - c) How did it smell?
 - d) How many fingers did it have? What were their fingers like?
 - e) Did it communicate with you?
- 10) Did you ever wake up with yellow-coloured skin?
 - 11) Have you ever had the impression of not being able to recognize one of your relatives, acquaintances, or even yourself (you feel physically different), and suffered a very brief identity crisis as a result?
 - 12) Have you ever dreamt about having a child not of this world?
 - 13) Have you ever dreamt about being in a technological place?
 - 14) Do you practice meditation, relaxation techniques or martial arts?
 - 15) Have you ever seen or dreamt about beings with vertical pupils (like those of a cat)?

If yes:

- a) Did they look positive to you?
- b) Did they look negative to you?
- c) Did they look indifferent?
- d) How many fingers did they have? What were their fingers like?
- e) How tall were they?
- f) How was their head shaped?

- g) What was the colour of their skin?
 - h) What were their clothes like?
- 16) Have you ever dreamt about being in an underground facility?
- 17) Have you ever seen or dreamt about “saurians” (or similar creatures) walking in an erect stance?
- 18) Have you ever seen or dreamt about bright beings, similar to children made of light?
- 19) If you are a female: have you ever had the feeling of being erroneously pregnant at some point in your life?
- 20) Have you ever dreamt about having sexual intercourse with another creature?

If you are a male:

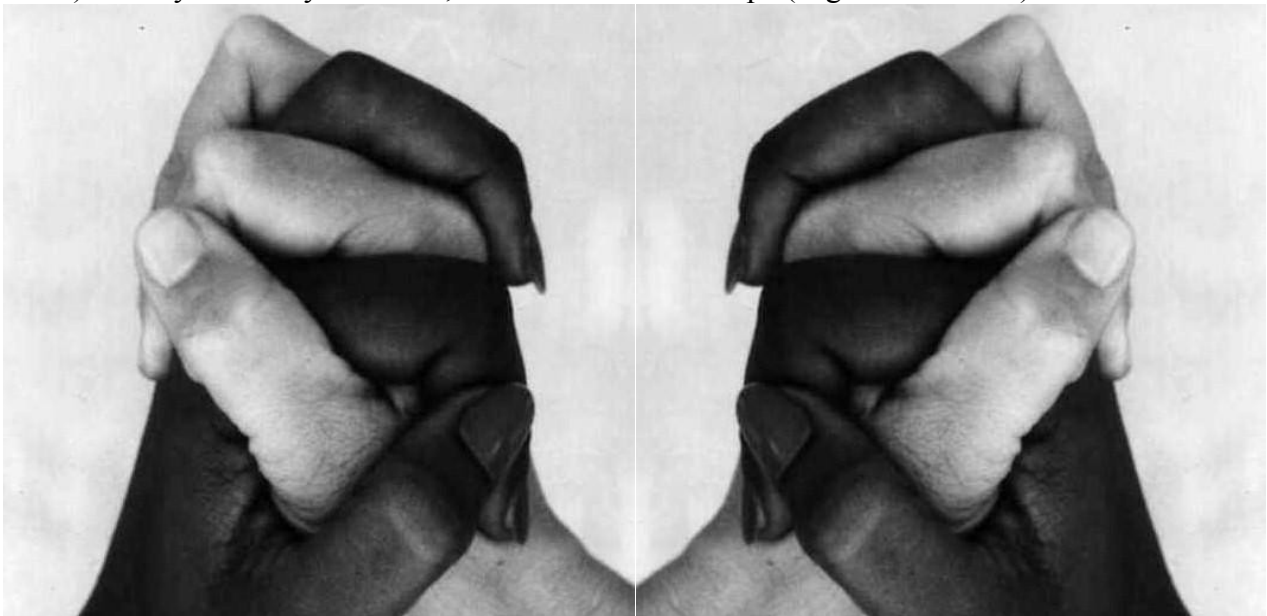
- a) Could you interact with her?
- b) Could you move?
- c) Could you move your eyes?
- d) How tall was such a creature?
- e) How many fingers did it have?
- f) What was the face like?
- g) What was the hair like?
- h) Did you have an erection?
- i) Did they take blood from you?

If you are a female:

- a) How tall was he?
 - b) Could you distinguish him from the surrounding environment?
 - c) Did he act against your will?
 - d) How many beings were there?
 - e) Could you distinguish its face?
 - f) Did they take blood from you?
 - g) Was it a stressful situation?
 - h) Was it a normal situation?
 - i) Was it a pleasant situation?
- 21) Have you ever dreamt about being forced to have surgery?
- 22) Have you ever dreamt about being in a strange hospital?
- 23) Have you ever woken up missing part of your pyjamas or with part of them inside out or backwards?
- 24) Do you have Rh negative blood type? Does one of your relatives have it?
- 25) Have you ever had strange paralysis, while in bed, with the possibility to move only your eyeballs?
- 26) Are you able to curl your tongue back inside your mouth without using the palate?

- 27) Have you ever smelled particular scents or heard particular sounds without being able to understand where they came from?
- 28) Have you ever had the feeling of having lost the cognition of time (missing time) even just for few seconds?
- 29) Did any of your relatives ever tell you he/she saw or dreamt about strange creatures, during their life?
- 30) Is any of your relatives affected by polydactyly (presence of more than five fingers in hands or feet)?
- 31) Is any of your relatives affected by pterigium (a fleshy tissue that grows over the cornea)?
- 32) Is someone in your family affected by the growth of webs between the fingers (i.e. webbed fingers)?
- 33) Have you got, on the left (or right) tibia (i.e. the shinbone), a scar similar to a cigarette burn?
- 34) Does anyone in your family have the cauda (a small protuberance below the coccyx, similar to a tiny tail)?
- 35) Have you ever woken up feeling of being covered in a strange sticky jelly?
- 36) Have you ever woken up totally exhausted?
- 37) Have you ever had difficulty swallowing?
- 38) Have you ever dreamt about soldiers?
- 39) Behind one of your ears, near to where it meets the side of your skull, can you feel a small lump beneath the skin, perceptible to the touch as a small ball? (if yes, please specify which one, right or left)
- 40) Have you ever dreamt about angelic or diabolic figures, especially when you were child? (if yes please describe them briefly)
- 41) Have you ever had panic attacks during medical examinations (dentist or doctor)?
- 42) Have you ever thought that your parents were not your real parents?
- 43) Have you ever dreamt about a being with one eye in the center of the forehead?
- 44) Have you ever been so thirsty, for no apparent reason, that you had to drink lots of water?
- 45) Have you ever had an OOB (Out Of Body Experience)?
- 46) Have you ever remembered or dreamt about something that you attribute to Past Lives?
- 47) Have you ever dreamt about being put into a cylindrical container or about having perceived others being inside a cylindrical container?

- 48) Have you ever written or spoken a language theoretically unknown to you, in a dream or in reality?
- 49) Have you ever written from right to left (like the Leonardo Da Vinci's writing)?
- 50) Are you right-handed or left-handed?
- 51) Have you ever dreamt about being different from what you are, physically and/or in the mood?
- 52) Have you ever had the feeling of passing through the walls, the floor or the ceiling of your room?
- 53) Have you ever seen or dreamt about an UFO? (if yes, please describe it briefly)
- 54) Have you ever seen or dreamt about very big insects? (if yes, which type of insects?)
- 55) Have you ever dreamt about scenes of war where you fight as if you were in a video game?
- 56) Have you ever made use of narcotics or psychopharmaceuticals? (if yes, which type and for how long?)
- 57) Have you ever experienced phenomena that can, according to you, be considered paranormal?
- 58) When you cross your hands, which thumb is on top? (Right or left one?)



- 59) Have you ever had the feeling that your body was pervaded by an intense vibration?
- 60) Are you artistically gifted: you play or compose music, you write poems or novels, you draw, sing, act or otherwise?

At the end of the test just make a simple drawing entitled: "Starry sky with sea and waves".