

Survey takers can give each question a 0 (did not experience) through 2 (vivid experience) rating, and for the event to be considered a real NDE, it must score a total of 7 or higher on the entire questionnaire. Here are the questions:

## **Cognitive**

### **1. Did time seem to speed up or slow down?**

- (0) No
- (1) Time seemed to go faster or slower than usual
- (2) Everything seemed to be happening at once; or time stopped or lost all meaning

### **2. Were your thoughts speeded up?**

- (0) No
- (1) Faster than usual
- (2) Incredibly fast

### **3. Did scenes from your past come back to you?**

- (0) No
- (1) I remembered many past events
- (2) My past flashed before me, out of my control

### **4. Did you suddenly seem to understand everything?**

- (0) No
- (1) Everything about myself or others
- (2) Everything about the universe

## **Affective**

### **5. Did you have a feeling of peace or pleasantness?**

- (0) No
- (1) Relief or calmness

(2) Incredible peace or pleasantness

**6. Did you have a feeling of joy?**

(0) No

(1) Happiness

(2) Incredible joy

**7. Did you feel a sense of harmony or unity with the universe?**

(0) No

(1) I felt no longer in conflict with nature

(2) I felt united or one with the world

**8. Did you see, or feel surrounded by, a brilliant light?**

(0) No

(1) An unusually bright light

(2) A light clearly of mystical or other-worldly origin

**Paranormal**

**9. Were your senses more vivid than usual?**

(0) No

(1) More vivid than usual

(2) Incredibly more vivid

**10. Did you seem to be aware of things going on elsewhere, as if by extrasensory perception (ESP)?**

(0) No

(1) Yes, but the facts have not been checked out

(2) Yes, and the facts have been checked out

**11. Did scenes from the future come to you?**

(0) No

(1) Scenes from my personal future

(2) Scenes from the world's future

**12. Did you feel separated from your body?**

(0) No

(1) I lost awareness of my body

(2) I clearly left my body and existed outside it

**Transcendental**

**13. Did you seem to enter some other, unearthly world?**

(0) No

(1) Some unfamiliar and strange place

(2) A clearly mystical or unearthly realm

**14. Did you seem to encounter a mystical being or presence, or hear an unidentifiable voice?**

(0) No

(1) I heard a voice I could not identify

(2) I encountered a definite being, or a voice clearly of mystical or unearthly origin

**15. Did you see deceased or religious spirits?**

(0) No

(1) I sensed their presence

(2) I actually saw them

**16. Did you come to a border or point of no return?**

(0) No

(1) I came to a definite conscious decision to "return" to life

(2) I came to a barrier that I was not permitted to cross or was "sent back" against my will.