

## **Auto Evaluation Test (AET) version 3.01.**

(Full answers)

1. *Have you ever had nosebleed (right nostril)?*
2. *Have you ever had hearing problems to a single ear, like strange sounds?*
3. *Do you have any scar on your body that you have no memory of how you procured them?*
4. *Have you ever had depression?*
5. *have you ever dreamt a person identical to you (a copy of yourself)?*
6. *Have you ever felt like or dreamt you were physically coming from another planet?*
7. *Have you ever found misplaced objects both on your body (rings, necklaces or piercings) or in the environment around you?*
8. *Have you ever dreamt somebody sticking something up your nostril, ear cavity, through your eyeball or in your genitals?*
9. *Have you ever dreamt a life form non-equal to us?*

*If affirmative:*

- a) *How tall was it?*
  - b) *How were its clothes like?*
  - c) *How did it smell?*
  - d) *How many fingers did it have?*
  - e) *Was it trying to communicate?*
10. *Did you ever wake up with the skin coloured in yellow?*
  11. *Have you ever had the impression of not being able to recognize one of your relatives, peers or yourself (to feel physically different), with a consequent mild identity crisis?*
  12. *Have you ever dreamt of having a son not coming from this planet?*
  13. *Have you ever dreamt of being in a technological place (e.g.: high-tech R&D lab)?*
  14. *Do you practice meditation, relaxation techniques or martial arts?*
  15. *Have you ever seen or dreamt life forms with vertical pupils (similar to cat's)?*

*If affirmative:*

- a) *Did they look positive to you?*
- b) *Did they look negative o you?*
- c) *Did they look indifferent?*
- d) *How many fingers did they have?*
- e) *How tall were they?*

- f) *How was the head shaped?*
- g) *How was the skin like?*
- h) *How were the clothes like?*

- 16. *Have you ever dreamt of being in an underground facility?*
- 17. *Have you ever seen or dreamt "saurians" in a standing stance, or similar creatures?*
- 18. *Have you ever dreamt or seen bright beings, similar to children made of light?*
- 19. *If you are a female: have you ever had the feeling of being pregnant at some point in your life?*
- 20. *Have you ever dreamt of having sex 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 the creature?*
- e) *How many fingers did it have?*
- f) *How was the face like?*
- g) *How was the hair like?*
- h) *Were you aroused?*
- i) *Did they take blood from you?*

*If you are a female:*

- a) *How tall was he?*
- b) *Could you tell him from the outer environment?*
- c) *Did it act against your will?*
- d) *How many beings were there?*
- e) *Could you tell its face?*
- f) *Did they take blood from you?*
- g) *Was it a stressful situation?*
- h) *Was it a normal situation?*
- i) *Was it an enjoyable situation?*

- 21. *Have you ever dreamt of being under surgery?*
- 22. *Have you ever dreamt of being in a hospital?*
- 23. *Have you ever woken up with all or part of your pyjamas misplaced (inside out or front backwards)?*
- 24. *Do you have Rh negative blood type, or one of your parents?*
- 25. *Have you ever had strange paralysis, while in bed, with the only possibility to move your eyeballs?*
- 26. *Can you fold your tongue inside of your mouth without using the roof to help?*

27. *Have you ever smelt or heard something strange, without being able to identify the source?*
28. *Have you ever had the feeling of having lost time cognition (missing time) even just for a few seconds?*
29. *Have some of your relatives ever told you of having had a relationship with a strange creature, during their life?*
30. *Is any of your relatives affected by polydactylism? (more than five fingers in hands or feet)*
31. *Is any of your relatives affected by pterigium (abnormal growth of the skin in the eye with formation of an inner eyelid)?*
32. *Is anyone in your family affected by the growth of a membrane between two fingers?*
33. *Have you got, on the upper part of the left tibia (or right), a scar similar to a cigarette burn?*
34. *Does anyone in your family have a cauda (a small protuberance below the coccyx, similar to a tiny tail)?*
35. *Have you ever woken up feeling like soaked in a sticky jelly?*
36. *Have you ever woken up absolutely knackered?*
37. *Have you ever had swallowing difficulties?*
38. *Have you ever dreamt militaries?*
39. *Have you ever dreamt angels or devils, especially when you were child? Describe them briefly.*
40. *Have you ever had panic attacks during medical examinations (dentist or doctor)?*
41. *Have you ever thought that you parents were not your real parents?*
42. *Have you ever been very thirsty for no apparent reason?*
43. *Have you ever had an OOB (Out Of Body Experience)?*
44. *Have you ever remembered or dreamt something attributable by you to Past Lives?*
45. *Have you ever dreamt of being put into a container or to have felt others into a container?*
46. *Have you ever written like Leonardo Da Vinci? (mirror image from right to left)*

47. *Have you ever dreamt of being different from what you are, both physically or in the mood?*
48. *Have you ever had the feeling of passing through walls, the floor or the ceiling of your room?*
49. *Have you ever dreamt a UFO? Describe it briefly.*
50. *Have you ever dreamt scenes of war or battle where you fight like in a videogame?*
51. *Have you ever made use of narcotics or psychopharmaceuticals?*
52. *Have you ever witnessed or had experienced events that you could define paranormal?*
53. *Have you ever had the feeling that your body was ran through by an intense vibration?*
54. *Are you artistically gifted: you play or compose music, you write poems or novels, drawing, singing, acting or else?*

*At the end of the test just make a simple drawing entitled:*

***Starry sky with sea and waves.***