

This book presents an approach to quantifying consciousness and its various states. It represents over ten years of work in developing, testing, and researching the use of relatively simple self-report questionnaires in the retrospective assessment of subjective or phenomenological experience. While the simplicity of the method allows for subjective experience to be reliably and validly assessed across various short stimulus conditions, the flexibility of the approach allows the cognitive psychologist, consciousness researcher, and mental health professional to quantify and statistically assess the phenomenological variables associated with various stimulus conditions, altered-state induction techniques, and clinical procedures. The methodology allows the cognitive psychologist and mental health professional to comprehensively quantify the structures and patterns of subjective experience dealing with imagery, attention, affect, volitional control, internal dialogue, and so forth to determine how these phenomenological structures might covary during such stimulus conditions as free association, a sexual fantasy, creative problem solving, or a panic attack. It allows for various phenomenological processes to be reported, quantified, and statistically assessed in a rather comprehensive fashion that should help shed greater understanding on the nature of mind or consciousness.

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