

## Some examples of delusions:

**Delusions of persecution:** These are beliefs that centre around the theme that one is being deliberately wronged, or conspired against, or harmed by another person/agency.

Q: Is anyone trying to harm, kill, poison or interfere with you?

Q: Do you ever feel uncomfortable as if people are watching you?

**Delusional mood:** The person feels that his or her familiar environment has changed in some way which is puzzling, and the individual may not be able to describe this change clearly.

Q: Do you ever get the feeling that something odd is going on that you can't explain? (Do familiar surroundings seem strange?)

Q: Is there something odd about the way things look, or sound, or smell or taste?

**Delusions of reference:** The belief that events or other people's actions or words refer specifically to the individual and have a special meaning for the individual.

Q: Do people seem to say things that have a double meaning?

Q: Is there an experiment going on to test you out?

**Delusions of control, influence or passivity:** The belief that one's feeling, impulses, thoughts or actions are not one's own but are controlled by an external force. The individual must acknowledge that he or she no longer has a will of his or her own but is being controlled by another force (other than God or fate).

Q: Do you feel that you are under the control of a person or force other than yourself?

Q: Do you feel as if you're a robot or zombie with no will of your own?

**Religious delusions:** Here, the individual believes he or she has a special link with God. This does not include intense religious or cultural beliefs.

**Nihilistic delusions:** The belief that the self or part of the self does not exist (e.g. that the individual or his or her brain is dead), or that others or the world do not exist. Often associated with depressive episodes.

**Fantastic delusions:** This is often the belief that the individual has had an amazing adventure or experience. Often associated with manic episodes.

**Delusions of jealousy:** This is the belief, without good reason, that one's partner is unfaithful. May be associated with a delusional disorder.

**Grandiose delusions:** Exaggerated belief of one's importance, power, knowledge or identity. This is often associated with manic episodes or schizophrenia.

Q: Do you or other people think you are superior in some way?