

Personal Experience Report

Preserve a subjective experience separately from measured findings.

Case ID / reporter identifier / date

Location / time / time zone

Experience described without interpretation

Duration / position / sensory conditions

Other people / independent observations

Instrument readings or recordings, if any

Fatigue, expectations, environmental factors

Known explanation / uncertainty

Consent / privacy / follow-up

OBSERVE > DOCUMENT > TEST > ANALYZE > ATTEMPT TO EXPLAIN > REPORT

Keep originals. Record times, units, uncertainty, contamination, and source references.

E0 Explained | E1 Probably Explained | E2 Insufficient Information | E3 Unresolved | E4 Anomalous

E4 does not automatically establish a paranormal cause. Use continuation sheets if needed.