

Alexithymia Test

Full Name: _____ Date Submitted: _____ dd / mm / yyyy

Instructions: Select an answer that best represents how much you agree or disagree with each item. Key: (5) = Strongly Agree, (4) = Agree, (3) = Neutral, (2) = Disagree, (1) = Strongly Disagree

1. When asked which emotion I'm feeling, I frequently don't know the answer.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

2. I'm unsure of which words to use when describing my feelings.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

3. I prefer to find out the emotional intricacies of my problems rather than just describe them in terms of practical facts

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

4. When other people are hurt or upset, I have difficulty imagining what they are feeling.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

5. People tell me to describe my feelings more, as if I haven't elaborated enough.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

6. Sex as a recreational activity seems kinda pointless.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

7. I can describe my emotions with ease.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

8. You cannot functionally live your life without being aware of your deepest emotions.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

9. People sometimes get upset with me, and I can't imagine why.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

10. People tell me I don't listen to their feelings properly, when in fact I'm doing my utmost to understand what they're saying!

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

11. When I am upset I find it difficult to identify the feelings causing it.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

12. Describing the feelings I have about other people is often difficult.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

13. I prefer doing physical activities with friends rather than discussing each others' emotional experiences.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

14. I am not much of a daydreamer.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

15. I don't like people's constant assumptions that I should understand or guess their needs... it's as if they want me to read their minds!

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

16. I sometimes experience confusing sensations in my body.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

17. For me sex is more a functional activity than it is an emotional one.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

18. Some people have told me I am cold or unresponsive to their needs.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

19. I don't dream frequently, and when I do the dreams usually seem rather boring.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

20. Friends have indicated, in one way or another, that I'm more in my head than in my heart.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

21. I can't identify feelings that I vaguely sense are going on inside of me.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

22. I often ask other people what they would feel if in my personal situation (any situation), as this better helps me understand what to do.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

23. I find it useful to ponder on my feelings as much as the practical issues when setting my priorities.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

24. I use my imagination mainly for practical means, eg., like how to work out a problem or construct a useful idea or object.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

25. I often feel incompetent, awkward, uncomfortable, or occasionally physically sick in sexual situations.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

26. When involved in difficult or turbulent relationships, I sometimes develop confusing physical symptoms.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

27. I tend to rely on other people for interpreting the emotional details of personal/social events.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

28. I don't like conversations in which more time is spent discussing emotional matters than daily activities because it detracts from my enjoyment.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

29. I often get confused about what the other person wants from a sexual relationship.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

30. People I've been in close relationships with have complained that I neglect them emotionally.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

31. I like it when someone describes the feelings they experience under circumstances similar to my own, because this helps me see what my own feelings might be.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

32. My imagination is often spontaneous, unpredictable and involuntary.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

33. When helping others I prefer to assist with physical tasks rather than offering counsel about their feelings.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

34. I have puzzling physical sensations that even friends/aquaintances/others don't understand.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree

35. I get in a muddle when I try to describe how I feel about an important event.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

36. My imagination is usually not spontaneous and surprising, but rather used/employed in a more controlled fashion.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

37. I make decisions based on principles rather than gut feelings.

- 5 - Strongly Agree
- 4 - Agree
- 3 - Neutral
- 2 - Disagree
- 1 - Strongly Disagree

TOTAL SCORE: _____