1. When I am interacting with someone, I deliberately copy their body language or facial expressions.

   a. ◉ Strongly Agree

2. I monitor my body language or facial expressions so that I appear relaxed.

   a. ◉ Strongly Agree

3. I rarely feel the need to put on an act in order to get through a social situation.

   a. ◉ Strongly Disagree

4. I have developed a script to follow in social situations.

   a. ◉ Strongly Agree

5. I will repeat phrases that I have heard others say in the exact same way that I first heard them.

   a. ◉ Neither Agree nor Disagree

6. I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.

   a. ◉ Strongly Agree

7. In social situations, I feel like I'm 'performing' rather than being myself.

   a. ◉ Strongly Agree

8. In my own social interactions, I use behaviours that I have learned from watching other people interacting.

   a. ◉ Strongly Agree

9. I always think about the impression I make on other people.

   a. ◉ Strongly Agree

10. I need the support of other people in order to socialise.

    a. ◉ Somewhat Disagree

11. I practice my facial expressions and body language to make sure they look natural.

    a. ◉ Strongly Agree

12. I don't feel the need to make eye contact with other people if I don't want to.

    a. ◉ Disagree

13. I have to force myself to interact with people when I am in social situations.

    a. ◉ Agree

14. I have tried to improve my understanding of social skills by watching other people.

    a. ◉ Strongly Agree

15. I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.

    a. ◉ Strongly Agree

16. When in social situations, I try to find ways to avoid interacting with others.

    a. ◉ Agree

17. I have researched the rules of social interactions to improve my own social skills.

    a. ◉ Strongly Agree

18. I am always aware of the impression I make on other people.

    a. ◉ Somewhat Agree

19. I feel free to be myself when I am with other people.

    a. ◉ Strongly Disagree

20. I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.

    a. ◉ Strongly Agree

21. I adjust my body language or facial expressions so that I appear relaxed.

    a. ◉ Strongly Agree

22. When talking to other people, I feel like the conversation flows naturally.

    a. ◉ Agree

23. I have spent time learning social skills from television shows and films, and try to use these in my interactions.

    a. ◉ Strongly Agree

24. In social interactions, I do not pay attention to what my face or body are doing.

    a. ◉ Strongly Disagree

25. In social situations, I feel like I am pretending to be 'normal'.

    a. ◉ Strongly Agree

Score

Total:

158

Compensation subtotal:

60

Masking subtotal:

53

Assimilation subtotal:

45