

1. When asked which emotion I'm feeling, I frequently don't know the answer.
 - a. Strongly Agree
2. I'm unsure of which words to use when describing my feelings.
 - a. Strongly Agree
3. I prefer to find out the emotional intricacies of my problems rather than just describe them in terms of practical facts.
 - a. Strongly Disagree
4. When other people are hurt or upset, I have difficulty imagining what they are feeling.
 - a. Strongly Agree
5. People tell me to describe my feelings more, as if I haven't elaborated enough.
 - a. Neutral
6. Sex as a recreational activity seems kinda pointless.
 - a. Strongly Disagree
7. I can describe my emotions with ease.
 - a. Strongly Disagree
8. You cannot functionally live your life without being aware of your deepest emotions.
 - a. Strongly Disagree
9. People sometimes get upset with me, and I can't imagine why.
 - a. Agree
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!
 - a. Neutral



11. When I am upset I find it difficult to identify the feelings causing it.
a. Strongly Agree
12. Describing the feelings I have about other people is often difficult.
a. Strongly Agree
13. I prefer doing physical activities with friends rather than discussing each others' emotional experiences.
a. Strongly Agree
14. I am not much of a daydreamer.
a. 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!
a. Strongly Agree
16. I sometimes experience confusing sensations in my body.
a. Strongly Agree
17. For me sex is more a functional activity than it is an emotional one.
a. Strongly Agree
18. Some people have told me I am cold or unresponsive to their needs.
a. Agree
19. I don't dream frequently, and when I do the dreams usually seem rather boring.
a. Strongly Disagree
20. Friends have indicated, in one way or another, that I'm more in my head than in my heart.
a. Agree
21. I can't identify feelings that I vaguely sense are going on inside of me.
a. Strongly Agree



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.

a. Strongly Disagree

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

a. 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.

a. Strongly Agree

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

a. Strongly Disagree

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

a. Strongly Disagree

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

a. Neutral

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

a. Strongly Agree

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

a. Agree

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

a. Strongly Agree



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.

a. Neutral

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

a. Strongly Disagree

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

a. Strongly Agree

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

a. Strongly Agree

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

a. Strongly Agree

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

a. Strongly Agree

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

a. Strongly Agree



Score

Total:



149

Difficulty Identifying Feelings (6-30) subtotal:

26

Difficulty Describing Feelings (4-20) subtotal:

20

Vicarious interpretation of feelings (3-15) subtotal:

7

Externally-Oriented Thinking (7-35) subtotal:

35

Restricted Imaginative Processes (7-35) subtotal:

26

Problematic Interpersonal Relationships (6-30) subtotal:

24

Sexual difficulties and disinterest (4-20) subtotal:

11



