- 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

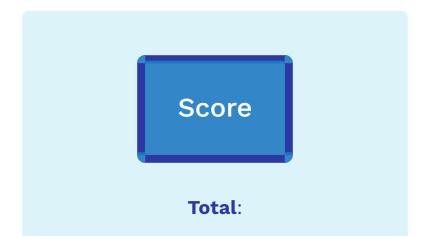
- 22. I often ask other people what they would feel if in my personal situation (any situation), as this better helps me understand what to do.
  - a. Strongly Disagree
- 23. I find it useful to ponder on my feelings as much as the practical issues when setting my priorities.
- a. Strongly Disagree
- 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



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Difficulty Identifying Feelings (6-30) subtotal:

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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