

1. I am often confused about what emotion I am feeling.
 - a. Strongly Agree
2. It is difficult for me to find the right words for my feelings.
 - a. Strongly Agree
3. I have physical sensations that even doctors don't understand.
 - a. Strongly Agree
4. I am able to describe my feelings easily.
 - a. Strongly Disagree
5. I prefer to analyze problems rather than just describe them.
 - a. Strongly Agree
6. When I am upset, I don't know if I am sad, frightened, or angry.
 - a. Neither Agree nor Disagree
7. I am often puzzled by sensations in my body.
 - a. Strongly Agree
8. I prefer to just let things happen rather than to understand why they turned out that way.
 - a. Strongly Disagree
9. I have feelings that I can't quite identify.
 - a. Strongly Agree
10. Being in touch with emotions is essential.
 - a. Strongly Disagree
11. I find it hard to describe how I feel about people.
 - a. Agree
12. People tell me to describe my feelings more.
 - a. Neither Agree nor Disagree



13. I don't know what's going on inside me.

- a. Agree

14. I often don't know why I am angry.

- a. Strongly Disagree

15. I prefer talking to people about their daily activities rather than their feelings.

- a. Strongly Agree

16. I prefer to watch "light" entertainment shows rather than psychological dramas.

- a. Strongly Disagree

17. It is difficult for me to reveal my innermost feelings, even to close friends.

- a. Strongly Agree

18. I can feel close to someone, even in moments of silence.

- a. Neither Agree nor Disagree

19. I find examination of my feelings useful in solving personal problems.

- a. Neither Agree nor Disagree

20. Looking for hidden meanings in movies or plays distracts from my enjoyment.

- a. Disagree



Score

Total:

71

**Difficulty Describing Feelings
subtotal:**

22

**Difficulty Identifying Feelings
subtotal:**

28

**Externally-Oriented Thinking
subtotal:**

21

