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Handout

ONLINE ALEXITHYMIA QUESTIONNAIRE - G2

Instructions: Answer the following questions as spontaneously as possible. If you get stuck on a question, leave it out and continue with the next. Each question can have one of 5 possible answers.

These are:

Strongly Agree Agree Undecided Disagree Strongly Disagree

1. - When asked which emotion I'm feeling, I frequently don't know the answer.
2. - I'm unsure of which words to use when describing my feelings.
3. - I prefer to find out the emotional intricacies of my problems rather than just describe them in terms of practical facts.
4. - When other people are hurt or upset, I have difficulty imagining what they are feeling.
5. - People tell me to describe my feelings more, as if I haven't elaborated enough.
6. - Sex as a recreational activity seems kinda pointless.
7. - I can describe my emotions with ease.
8. - You cannot functionally live your life without being aware of your deepest emotions.
9. - People sometimes get upset with me, and I can't imagine why.
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!
11. - When I am upset I find it difficult to identify the feelings causing it.
12. - Describing the feelings I have about other people is often difficult.
13. - I prefer doing physical activities with friends rather than discussing each others' emotional experiences.
14. - I am not much of a daydreamer.
15. - I don't like people's constant assumptions that I should understand or guess their needs... its as if they want me to read their minds!
16. - I sometimes experience confusing sensations in my body.



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17. - For me sex is more a functional activity than it is an emotional one.
18. - Some people have told me I am cold or unresponsive to their needs.
19. - I don't dream frequently, and when I do the dreams usually seem rather boring.
20. - Friends have indicated, in one way or another, that I'm more in my head than in my heart.
21. - I can't identify feelings that I vaguely sense are going on inside of me.
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.
23. - I find it useful to ponder on my feelings as much as the practical issues when setting my priorities.
24. - I use my imagination mainly for practical means, eg., like how to work out a problem or construct a useful idea or object.
25. - I often feel incompetent, awkward, uncomfortable, or occasionally physically sick in sexual situations.
26. - When involved in difficult or turbulent relationships, I sometimes develop confusing physical symptoms.
27. - I tend to rely on other people for interpreting the emotional details of personal/social events.
28. - I don't like conversations in which more time is spent discussing emotional matters than daily activities because it detracts from my enjoyment.
29. - I often get confused about what the other person wants from a sexual relationship.
30. - People I've been in close relationships with have complained that I neglect them emotionally.
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.
32. - My imagination is often spontaneous, unpredictable and involuntary.
33. - When helping others I prefer to assist with physical tasks rather than offering counsel about their feelings.
34. - I have puzzling physical sensations that even friends/aquaintances/others don't understand.



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

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

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