

Alexithymia Test

Full Name: _____ Date Submitted: _____

Instructions: Select an answer that best represents how much you agree or disagree with each item.

ITEM	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
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 kind of 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... it's as if they want me to read their minds!	☐	☐	☐	☐	☐
16. I sometimes experience confusing sensations in my body.	☐	☐	☐	☐	☐
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.	☐	☐	☐	☐	☐

Adapted from the original Online Alexithymia Questionnaire - G2 by Jason Thompson.

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/acquaintances/others don't understand.	☐	☐	☐	☐	☐
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.

☐☐☐☐☐

TOTAL SCORE:

Scoring

- Strongly agree = 5 points
- Agree = 4 points
- Neutral = 3 points
- Disagree = 2 points
- Strongly disagree = 1 point

Items 3, 7, 8, 23, and 32 have inverse scoring, so if a person selects Strongly Disagree, that's equal to 5 points, and if they pick Strongly Agree, that's equal to 1 point.

The maximum score is 185. To calculate it, just add up the scores for all items.

The test has the following score ranges:

- 0 to 94 = No alexithymia
- 95 to 112 = Possible alexithymia
- 113 to 185 = Alexithymia is present