

About your emotions

Please answer the following questions based on how accurately each statement describes you in general.

I am able to describe my feelings easily *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I find examination of my feelings useful in solving personal problems *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I am often confused about what emotion I am feeling *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I often don't know why I am angry *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I prefer to just let things happen rather than to understand why they turned out that way *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I am often puzzled by sensations in my body *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I have physical sensations that even doctors don't understand *

Strongly Disagree 1 2 3 4 5 Strongly Agree

I don't know what's going on inside me *

Strongly Disagree 1 2 3 4 5 Strongly Agree

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

Strongly Disagree

1

2

3

4

5

Strongly Agree

It is difficult for me to find the right words for my feelings *

Strongly Disagree

1

2

3

4

5

Strongly Agree

Being in touch with emotions is essential *

Strongly Disagree

1

2

3

4

5

Strongly Agree

People tell me to describe my feelings more *

Strongly Disagree

1

2

3

4

5

Strongly Agree

I have feelings that I can't quite identify *

Strongly Disagree

1

2

3

4

5

Strongly Agree

Looking for hidden meanings in movies or plays distracts from their enjoyment *

Strongly Disagree

1

2

3

4

5

Strongly Agree

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

Strongly Disagree

1

2

3

4

5

Strongly Agree

I prefer to analyze problems rather than just describe them *

Strongly Disagree

1

2

3

4

5

Strongly Agree

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

Strongly Disagree

1

2

3

4

5

Strongly Agree

I find it hard to describe how I feel about people *

Strongly Disagree

1

2

3

4

5

Strongly Agree

I am able to respond all the way to the left *

Strongly Disagree

1

2

3

4

5

Strongly Agree

When I am upset, I don't know if I am sad, frightened, or angry *

Strongly Disagree

1

2

3

4

5

Strongly Agree

I prefer to watch 'light' entertainment shows rather than psychological dramas *

Strongly Disagree

1

2

3

4

5

Strongly Agree

Complete