

Toronto Alexithymia Scale (TAS)

Instructions:

Please read each statement and indicate how much you agree or disagree with the statement.

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	I am often confused about what emotion I am feeling.	1	2	3	4	5
2	It is difficult for me to find the right words for my feelings.	1	2	3	4	5
3	I have physical sensations that even doctors don't understand.	1	2	3	4	5
4	I am able to describe my feelings easily.	5	4	3	2	1
5	I prefer to analyze problems rather than just describe them.	5	4	3	2	1
6	When I am upset, I don't know if I am sad, frightened, or angry.	1	2	3	4	5
7	I am often puzzled by sensations in my body.	1	2	3	4	5
8	I prefer to just let things happen rather than to understand why they turned out that way.	1	2	3	4	5
9	I have feelings that I can't quite identify.	1	2	3	4	5
10	Being in touch with emotions is essential.	5	4	3	2	1
11	I find it hard to describe how I feel about people.	1	2	3	4	5
12	People tell me to describe my feelings more.	1	2	3	4	5
13	I don't know what's going on inside me.	1	2	3	4	5
14	I often don't know why I am angry.	1	2	3	4	5
15	I prefer talking to people about their daily activities rather than their feelings.	1	2	3	4	5
16	I prefer to watch "light" entertainment shows rather than psychological dramas.	1	2	3	4	5
17	It is difficult for me to reveal my innermost feelings, even to close friends.	1	2	3	4	5