



deeper together.

Camouflaging & Relational Adaptation Scale

Adapted from CAT-Q by Laura Hull and colleagues

Please rate how much each statement reflects your experience in social situations.

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Slightly Disagree
- 4 = Neutral
- 5 = Slightly Agree
- 6 = Agree
- 7 = Strongly Agree

Section A – Masking Behaviours

1. I consciously suppress behaviours that feel natural to me in order to appear “normal.”
2. I monitor my facial expressions so they match what others expect.
3. I rehearse conversations in advance.
4. I copy the gestures or speech patterns of others.
5. I hide distress or overwhelm in social settings.
6. I force eye contact even when uncomfortable.

Section B – Compensation Strategies

7. I study social rules analytically rather than intuitively.
8. I use learned scripts to navigate conversations.
9. I rely on logic to understand emotional situations.
10. I prepare explanations in case I misunderstand something socially.
11. I consciously calculate how much to speak in group settings.
12. I research social behaviour to improve my performance.

Section C – Assimilation & Belonging Pressure

13. I feel pressure to hide parts of myself to maintain relationships.
14. I fear rejection if I show my natural responses.
15. I feel safer when others cannot see how different I feel.
16. I adapt my personality depending on who I am with.
17. I experience exhaustion after social interaction.
18. I sometimes lose a sense of who I really am in relationships.

Section D – Affective & Somatic Cost

19. After socialising, I feel emotionally depleted.
20. I experience tension or shutdown after masking.
21. I feel grief about not being seen as I truly am.
22. I worry that people like a version of me that isn't fully real.
23. I experience anxiety before anticipated social interactions.
24. I feel shame about my natural responses.
25. I feel relief when I can stop performing socially.

Total Score (25–175) \triangle *These descriptive ranges and not diagnostic thresholds.*

Score Range	Interpretation
25–60	Low camouflaging
61–100	Mild to moderate camouflaging
101–130	High camouflaging
131–175	Very high camouflaging / chronic masking pattern