

# Online Alexithymia Questionnaire

1. When asked which emotion I'm feeling, I frequently don't know the answer.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

2. I'm unsure of which words to use when describing my feelings.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

3. I prefer to find out the emotional intricacies of my problems rather than just describe them in terms of practical facts.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

4. When other people are hurt or upset, I have difficulty imagining what they are feeling.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

5. People tell me to describe my feelings more, as if I haven't elaborated enough.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

6. Sex as a recreational activity seems kinda pointless.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

7. I can describe my emotions with ease.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

8. You cannot functionally live your life without being aware of your deepest emotions.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

9. People sometimes get upset with me, and I can't imagine why.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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!

1. Strongly Agree
2. Agree

3. Neutral
4. Disagree
5. Strongly Disagree

11. When I am upset I find it difficult to identify the feelings causing it.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

12. Describing the feelings I have about other people is often difficult.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

13. I prefer doing physical activities with friends rather than discussing each others' emotional experiences.

1. Strongly Agree
2. Agree
3. Neutral

4. Disagree
5. Strongly Disagree

14. I am not much of a daydreamer.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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!

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

16. I sometimes experience confusing sensations in my body.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

17. For me sex is more a functional activity than it is an emotional one.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

18. Some people have told me I am cold or unresponsive to their needs.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

19. I don't dream frequently, and when I do the dreams usually seem rather boring.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

20. Friends have indicated, in one way or another, that I'm more in my head than in my heart.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

21. I can't identify feelings that I vaguely sense are going on inside of me.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

23. I find it useful to ponder on my feelings as much as the practical issues when setting my priorities.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

24. I use my imagination mainly for practical means, eg., like how to work out a problem or construct a useful idea or object.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

25. I often feel incompetent, awkward, uncomfortable, or occasionally physically sick in sexual situations.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree



26. When involved in difficult or turbulent relationships, I sometimes develop confusing physical symptoms.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

27. I tend to rely on other people for interpreting the emotional details of personal/social events.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

28. I don't like conversations in which more time is spent discussing emotional matters than daily activities because it detracts from my enjoyment.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

29. I often get confused about what the other person wants from a sexual relationship.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

30. People I've been in close relationships with have complained that I neglect them emotionally.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

32. My imagination is often spontaneous, unpredictable and involuntary.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

33. When helping others I prefer to assist with physical tasks rather than offering counsel about their feelings.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

34. I have puzzling physical sensations that even friends/aquaintances/others don't understand.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

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

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

## Scoring

The scoring of the OAQ-G2 is as follows:

Strongly Agree = 5

Agree = 4

Undecided = 3

Disagree = 2

Strongly Disagree = 1

With the exception of questions 3, 7, 8, 23, and 32, which are inversely scored:

Strongly Agree = 1

Agree = 2

Undecided = 3

Disagree = 4

Strongly Disagree = 5

## Score

## Interpretation

**0–94**

**No alexithymia**

**95–112**

**Possible alexithymia**

**113–185**

**Alexithymia present**