



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



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
18	I can feel close to someone, even in moments of silence.	5	4	3	2	1
19	I find examination of my feelings useful in solving personal problems.	5	4	3	2	1
20	Looking for hidden meanings in movies or plays distracts from my enjoyment.	1	2	3	4	5

Developer Reference:

Bagby, R. M., Parker, J. D., & Taylor, G. J. (1994). The twenty-item Toronto Alexithymia Scale--I. Item selection and cross-validation of the factor structure. *Journal of Psychosomatic Research*, 38(1), 23–32. [https://doi.org/10.1016/0022-3999\(94\)90005-1](https://doi.org/10.1016/0022-3999(94)90005-1)

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