

The way I feel...

Please fill out your first name

And your date of birth

On the next pages, you will find 20 short sentences. Every sentence is a statement about how people can feel or think about their feelings. You can mark each sentence if this is often true, sometimes true or not true for you. Choose the answer that best fits you. You can only mark one answer.

If you find that difficult, choose the answer that fits you most of the time. Different people have different feelings and ideas about their feelings. Therefore, there are no right or wrong answers, because it is just about what you think.

- | | | Not
true | Some-
times
true | Often
true |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | I am often confused about the way I am feeling inside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | I find it difficult to say how I feel inside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | I feel things in my body that even doctors don't understand | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | I can easily say how I feel inside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | When I have a problem, I want to know where it comes from and not just talk about it | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | When I am upset, I don't know if I am sad, scared or angry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | I am often puzzled by things that I feel in my body | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | I'd rather wait and see what happens, instead of thinking about why things happen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Sometimes I can't find the words to say how I feel inside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | It is important to understand how you feel inside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | I find it hard to say how I feel about other people | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Other people tell me that I should talk more about how I feel inside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | I don't know what's going on inside me | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | I often don't know why I am angry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | I prefer talking to people about everyday things, rather than about how they feel | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- | | | Not
true | Some-
times
true | Often
true |
|----|--|--------------------------|--------------------------|--------------------------|
| 16 | I prefer watching funny television programmes, rather than films that tell a story about other people's problems | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 | It is difficult for me to say how I really feel inside, even to my best friend | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 | I can feel close to someone, even when we are sitting still and not saying anything | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19 | Thinking about how I feel, helps me when I want to do something about my problems | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 | When I have to concentrate on a film to understand the story, I enjoy the film much less | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

*Please check
that you have marked all of the
sentences.*

Thank you!