

Toronto Alexithymia Scale (TAS) Assessment

Client Information

Name:

Date:

Instructions

Please read each statement carefully and indicate how much you agree or disagree with the statement. Rate your level of agreement on a scale of 1 to 5, where:

- 1 represents "**Strongly Disagree**"
 - 2 represents "**Disagree**"
 - 3 represents "**Neither Agree nor Disagree**"
 - 4 represents "**Agree**"
 - 5 represents "**Strongly Agree**"
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Assessment

Statement	Rating (1-5)
1. I am often confused about what emotion I am feeling.	
2. It is difficult for me to find the right words for my feelings.	
3. I have physical sensations that even doctors don't understand.	
4. I am able to describe my feelings easily.	
5. I prefer to analyze problems rather than just describe them.	
6. I prefer talking to people about their daily activities rather than their feelings.	

7. I find it hard to imagine what it would be like to be in someone else's shoes.	
8. When I am upset, I don't know if I am sad, frightened, or angry.	
9. I am often puzzled by sensations in my body.	
10. I prefer to just let things happen rather than understand why they turned out that way.	
11. I have feelings that I can't quite identify.	
12. Being in touch with emotions is essential.	
13. I find it hard to describe how I feel about people.	
14. People tell me to describe my feelings more.	
15. I don't know what's going on inside me.	
16. I often don't know why I am angry.	
17. I prefer talking to people about their daily activities rather than their feelings.	
18. I prefer to watch "light" entertainment shows rather than psychological dramas.	
19. It is difficult for me to reveal my innermost feelings, even to close friends.	
20. I can feel close to someone, even in moments of silence.	
Total Score:	

Practitioner's Signature: _____

Thank you for completing this assessment. Your responses will help us to better understand your emotional processing and guide our treatment approach.

Toronto Alexithymia Scale (TAS) Interpretation

Client Information

Name:

Date of Assessment:

Total TAS Score: _____

Interpretation:

The Toronto Alexithymia Scale (TAS) measures the degree of alexithymia, which refers to difficulties in identifying and describing emotions. The scale ranges from 20 to 100, with higher scores indicating higher levels of alexithymia.

- **Score below 52:** No alexithymia. Client demonstrates a healthy ability to recognize and describe emotions.
- **Score between 52 and 60:** Possible alexithymia. Client may have some difficulties recognizing or describing emotions. Further assessment may be necessary.
- **Score above 60:** High alexithymia. Client has significant difficulties recognizing or describing emotions. Therapeutic interventions should focus on improving emotional awareness and expression.

Recommendations:

Follow-up Actions:

Practitioner's Signature: _____