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.
1. I am often confused about the way I am feeling inside
2. I find it difficult to say how I feel inside
3. I feel things in my body that even doctors don’t understand
4. I can easily say how I feel inside
5. When I have a problem, I want to know where it comes from and not just talk about it
6. When I am upset, I don’t know if I am sad, scared or angry
7. I am often puzzled by things that I feel in my body
8. I’d rather wait and see what happens, instead of thinking about why things happen
9. Sometimes I can’t find the words to say how I feel inside
10. It is important to understand how you feel inside
11. I find it hard to say how I feel about other people
12. Other people tell me that I should talk more about how I feel inside
13. I don’t know what’s going on inside me
14. I often don’t know why I am angry
15. I prefer talking to people about everyday things, rather than about how they feel
16. I prefer watching funny television programmes, rather than films that tell a story about other people’s problems
17. It is difficult for me to say how I really feel inside, even to my best friend
18. I can feel close to someone, even when we are sitting still and not saying anything
19. Thinking about how I feel, helps me when I want to do something about my problems
20. When I have to concentrate on a film to understand the story, I enjoy the film much less

Please check that you have marked all of the sentences.

Thank you!