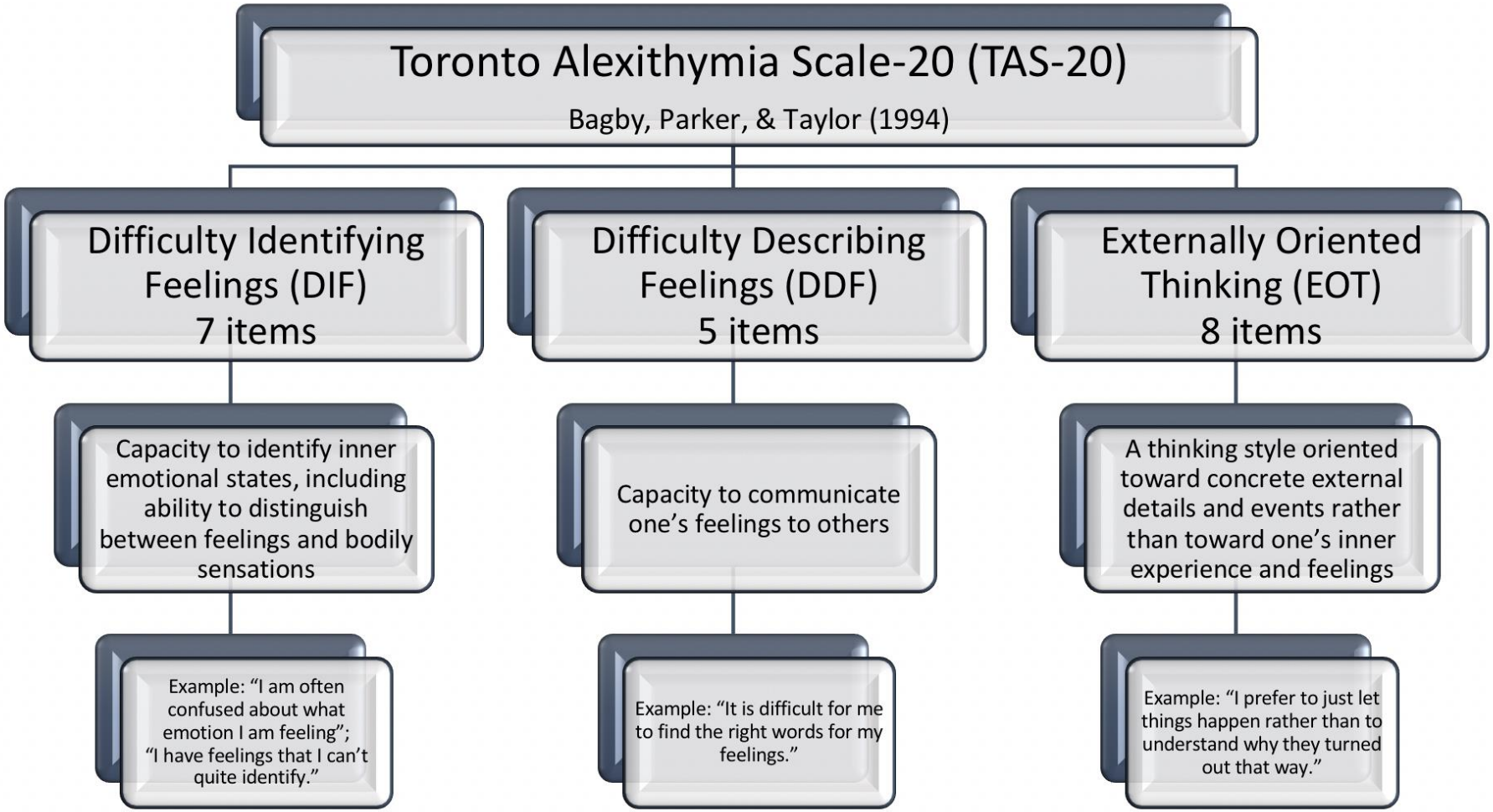
Figure 1.


Toronto Alexithymia Scale-20 (TAS-20)
Bagby, Parker, & Taylor (1994)
Difficulty Identifying Feelings (DIF) 7 items
Difficulty Describing Feelings (DDF) 5 items
Externally Oriented Thinking (EOT) 8 items
Capacity to identify inner emotional states, including ability to distinguish between feelings and bodily sensations
Capacity to communicate one's feelings to others
A thinking style oriented toward concrete external details and events rather than toward one's inner experience and feelings
Example: "I am often confused about what emotion I am feeling"; "I have feelings that I can't quite identify."
Example: "It is difficult for me to find the right words for my feelings."
Example: "I prefer to just let things happen rather than to understand why they turned out that way."