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SAMPLE · fictional data

Sample report

Alexithymia Test (TAS-20)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Kenji Tanaka	**March 16, 2026**	**20**	**00000021**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

57 / 80

Possible Alexithymia

71 % of the maximum score



Some difficulty identifying or describing emotions. Common in neurodivergent profiles.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Difficulty identifying feelings	**69 %**	25 / 36
Difficulty describing feelings	**56 %**	9 / 16
Externally oriented thinking	**54 %**	15 / 28

Least marked Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Externally oriented thinking · 54 %

Most marked

Difficulty identifying feelings · 69 %

Thank you for taking the time to complete this screening and for your willingness to explore how you experience and process emotions. Your results on the TAS-20 indicate a raw score of 57 out of 80, which falls into a range described as "Possible Alexithymia." This simply means that some patterns in how you identify, describe, and relate to your emotional experiences might be worth a closer look. Please know that many people find aspects of emotional awareness challenging at different points in their lives, and noticing this about yourself is actually a meaningful first step toward greater self-understanding, not a flaw or shortcoming.

In plain terms, this screening looks at three areas: difficulty identifying feelings (DIF), difficulty describing feelings to others (DDF), and a tendency to focus attention externally rather than on inner emotional states (EOT). Your scores—22, 18, and 17 respectively—suggest that you may sometimes find it hard to pinpoint exactly what you're feeling internally, and putting those feelings into words for others might feel effortful as well. This doesn't mean you don't have emotions or that something is "wrong" with you; rather, it may reflect how your mind processes and translates internal experiences, which can be influenced by temperament, upbringing, stress, or simply how your brain is wired.

If this resonates with you, there are gentle, constructive steps you might consider. Practicing "emotional labeling"—pausing throughout the day to name what you're feeling, even approximately (tense, unsettled, content)—can strengthen this internal awareness over time. Journaling about daily experiences, focusing not just on events but on the sensations and feelings connected to them, can also build this bridge between body and mind. Additionally, engaging in creative outlets like art, music, or movement can offer alternative pathways for emotional expression when words feel elusive.

Please remember that this screening is not a diagnostic tool and cannot capture the full richness of your emotional life. It's simply a starting point for reflection. Speaking with a licensed therapist or psychologist who specializes in emotional processing could offer valuable, personalized insight and support. Many people find that with the right guidance, emotional awareness can grow and deepen over time—and reaching out for that support is a hopeful, empowering choice.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Possible Alexithymia

Working with a psychologist trained in emotional awareness can be very helpful.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Alexithymia Test (TAS-20) · 57 / 80 (71 %) · Possible Alexithymia

Most marked: Difficulty identifying feelings (69 %), Difficulty describing feelings (56 %)

Test taken on March 16, 2026 · reference 00000021

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Strongly Disagree” to “Strongly Agree”.

#	Question	Your answer	Pts
Difficulty identifying feelings · 25 / 36			
1	I am often confused about what emotion I am feeling.	Agree	3
3	I have physical sensations that even doctors don't understand.	Neutral	2
6	When I am upset, I don't know if I am sad, frightened, or angry.	Agree	3
7	I am often puzzled by sensations in my body.	Agree	3
9	I have feelings that I can't quite identify.	Neutral	2
13	I don't know what is happening inside me emotionally.	Agree	3
14	I often don't know why I cry.	Agree	3
17	I am bewildered by my own bodily sensations.	Agree	3
19	I am sometimes surprised by my own emotional reactions.	Agree	3
Difficulty describing feelings · 9 / 16			
2	It is difficult for me to find the right words for my feelings.	Neutral	2
4	I am able to describe my feelings easily. reversed	Agree	1
11	I find it hard to describe how I feel about people.	Agree	3
12	People tell me to describe my feelings more.	Agree	3
Externally oriented thinking · 15 / 28			
5	I prefer to analyze problems rather than just describe them. reversed	Neutral	2
8	I prefer to just let things happen rather than to understand why.	Agree	3
10	Being in touch with emotions is essential. reversed	Agree	1
15	Imagining things is less important to me than analyzing them.	Agree	3
16	I find it easy to create mental images of things. reversed	Agree	1
18	I rarely think about my future; I prefer to focus on the present.	Neutral	2
20	I prefer to focus on an activity rather than reflect on the feelings it evokes.	Agree	3

“Reversed”: these questions are scored the other way round from the others.