

1. When I am interacting with someone, I deliberately copy their body language or facial expressions.
 - a. Somewhat Disagree
2. I monitor my body language or facial expressions so that I appear relaxed.
 - a. Somewhat Agree
3. I rarely feel the need to put on an act in order to get through a social situation.
 - a. Disagree
4. I have developed a script to follow in social situations.
 - a. Somewhat Agree
5. I will repeat phrases that I have heard others say in the exact same way that I first heard them.
 - a. Somewhat Agree
6. I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.
 - a. Somewhat Agree
7. In social situations, I feel like I'm 'performing' rather than being myself.
 - a. Agree
8. In my own social interactions, I use behaviours that I have learned from watching other people interacting.
 - a. Strongly Agree
9. I always think about the impression I make on other people.
 - a. Agree
10. I need the support of other people in order to socialise.
 - a. Somewhat Agree



11. I practice my facial expressions and body language to make sure they look natural.

- a. Somewhat Agree

12. I don't feel the need to make eye contact with other people if I don't want to.

- a. Somewhat Disagree

13. I have to force myself to interact with people when I am in social situations.

- a. Agree

14. I have tried to improve my understanding of social skills by watching other people.

- a. Agree

15. I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.

- a. Somewhat Agree

16. When in social situations, I try to find ways to avoid interacting with others.

- a. Neither Agree nor Disagree

17. I have researched the rules of social interactions to improve my own social skills.

- a. Somewhat Agree

18. I am always aware of the impression I make on other people.

- a. Disagree

19. I feel free to be myself when I am with other people.

- a. Strongly Disagree



20. I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.

- a. Somewhat Agree

21. I adjust my body language or facial expressions so that I appear relaxed.

- a. Neither Agree nor Disagree

22. When talking to other people, I feel like the conversation flows naturally.

- a. Disagree

23. I have spent time learning social skills from television shows and films, and try to use these in my interactions.

- a. Somewhat Agree

24. In social interactions, I do not pay attention to what my face or body are doing.

- a. Somewhat Disagree

25. In social situations, I feel like I am pretending to be 'normal'.

- a. Agree



Score

Total:

129

Compensation subtotal:

46

Masking subtotal:

37

Assimilation subtotal:

46

