

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



10. I need the support of other people in order to socialise.

f. ☒ Agree

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

b. ☒ Disagree

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

f. ☒ Agree

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

f. ☒ Agree

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

b. ☒ Disagree

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

b. ☒ Disagree

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

c. ☒ Somewhat Disagree

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

b. ☒ Disagree



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

b. ☒ Disagree

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

f. ☒ Agree

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

b. ☒ Disagree

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

b. ☒ Disagree

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

e. ☒ Somewhat Agree

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

b. ☒ Disagree

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

f. ☒ Agree

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

c. ☒ Somewhat Disagree

Score



Total:

61

Compensation subtotal:

18

Masking subtotal:

16

Assimilation subtotal:

27

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or would you like to start
the assessment process?**



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