

Alexithymia Emotion Identification Guide

Structured support for identifying and naming emotions when the internal signal is unclear or absent.

Name: _____ Date: _____ Clinician: _____

What is alexithymia? Alexithymia is difficulty identifying, describing, and distinguishing emotions. It is common in autistic individuals and others, and is not a character flaw — it is a difference in emotional processing. This guide provides structured support for naming what you feel.

MY ALEXITHYMIA PROFILE

| | Never | Rarely | Sometimes | Often | Always |
|---|-------|--------|-------------------------------------|--------------------------|--------------------------|
| I often cannot name what emotion I am feeling | | | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I notice something is "off" but cannot identify what | | | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I describe emotions through physical sensations rather than feelings | | | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I realise I was upset or anxious only after the fact | | | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I struggle to understand what others mean when they describe their feelings | | | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I find emotions confusing or overwhelming to think about | | | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

EMOTION IDENTIFICATION TOOLKIT

Step 1: Notice the body first. What physical sensations do you notice right now?

Step 2: Match to a broad category. Circle what feels closest:

| | | | |
|-----------------------|------------------------|--------------------|------------------|
| HAPPY / GOOD | SAD / DOWN | ANGRY / FRUSTRATED | SCARED / ANXIOUS |
| ASHAMED / EMBARRASSED | CONFUSED / OVERWHELMED | NUMB / EMPTY | UNSURE |

Step 3: Describe without judgment. Complete any of these that feel true:

Right now my body feels like:

The situation that is affecting me is:

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If I had to guess, I might be feeling:

What I need right now might be:

REFLECTION & INTEGRATION

A situation where identifying my emotion helped me:

My most reliable clue that something is emotionally affecting me:
