

1. When I am interacting with someone, I deliberately copy their body language or facial expressions.
g. ☒ Strongly Agree
2. I monitor my body language or facial expressions so that I appear relaxed.
g. ☒ Strongly Agree
3. I rarely feel the need to put on an act in order to get through a social situation.
a. ☒ Strongly Disagree
4. I have developed a script to follow in social situations.
d. ☒ Neither Agree nor Disagree
5. I will repeat phrases that I have heard others say in the exact same way that I first heard them.
d. ☒ Neither Agree nor Disagree
6. I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.
g. ☒ Strongly Agree
7. In social situations, I feel like I'm 'performing' rather than being myself.
g. ☒ Strongly Agree
8. In my own social interactions, I use behaviours that I have learned from watching other people interacting.
g. ☒ Strongly Agree
9. I always think about the impression I make on other people.
g. ☒ Strongly Agree



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.

e. ☒ Somewhat Agree

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

c. ☒ Somewhat Disagree

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.

g. ☒ Strongly Agree

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

g. ☒ Strongly Agree

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

g. ☒ Strongly Agree

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

e. ☒ Somewhat Agree

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

g. ☒ Strongly Agree



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.

c. ☒ Somewhat Disagree

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

g. ☒ Strongly Agree

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.

e. ☒ Somewhat Agree

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

a. ☒ Strongly Disagree

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

g. ☒ Strongly Agree

Score

Total:

151



131

Compensation subtotal:

47

Masking subtotal:

54

Assimilation subtotal:

50

**Need more information,
or would you like to start
the assessment process?**



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