

## Social Anxiety Self-Test

Is it possible that I have symptoms of Social Anxiety?  
Evaluate your level of fear in the following situations.

<u>Question</u>	<u>No Fear</u>	<u>Mild Fear</u>	<u>Moderate Fear</u>	<u>Severe Fear</u>
1. Telephoning in Public	_____	_____	_____	_____
2. Participating in Small Groups	_____	_____	_____	_____
3. Eating in Public Places	_____	_____	_____	_____
4. Drinking with Others in Public Places	_____	_____	_____	_____
5. Talking to People in Authority	_____	_____	_____	_____
6. Acting, Performing, or Giving a Talk in Front of an Audience	_____	_____	_____	_____
7. Going to a Party	_____	_____	_____	_____
8. Working While Being Observed	_____	_____	_____	_____
9. Writing While Being Observed	_____	_____	_____	_____
10. Calling Someone You Don't Know Very Well	_____	_____	_____	_____
11. Talking with People You Don't Know Very Well	_____	_____	_____	_____
12. Meeting Strangers	_____	_____	_____	_____
13. Urinating in a Public Bathroom	_____	_____	_____	_____
14. Entering a Room When Others are Already Seated	_____	_____	_____	_____
15. Being the Center of Attention	_____	_____	_____	_____
16. Speaking Up at a Meeting	_____	_____	_____	_____
17. Taking a Written Test	_____	_____	_____	_____
18. Expressing Appropriate Disagreement or Disapproval to People You Don't Know Very Well	_____	_____	_____	_____
19. Looking at People You Don't Know Very Well in Their Eyes	_____	_____	_____	_____
20. Giving a Report to a Group	_____	_____	_____	_____
21. Trying to Pick Up Someone (for a date)	_____	_____	_____	_____
22. Returning Goods to a Store Where Returns Are Normally Accepted	_____	_____	_____	_____
23. Throwing or Hosting a Party	_____	_____	_____	_____
24. Resisting a High Pressure Sales Person	_____	_____	_____	_____