

social attitudes questionnaire

This questionnaire lists different attitudes or beliefs which people sometimes hold. Read **each** statement carefully and decide how much you agree or disagree with each one. For each of the attitudes, show your answer by putting a circle round the words **which best describe how you think**. Be sure to choose only one answer for each attitude. Because people are different, there is no right or wrong answer to these statements. To decide whether a given attitude is typical of your way of looking at things, simply keep in mind what you are like **most of the time**.

1.) I don't need everyone's approval

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

2.) I must not show signs of weakness to others

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

3.) if I make a mistake in a social situation people will reject me

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

4.) everyone will stare at me and think I'm strange if I don't act normally

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

5.) I'm unlikeable

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

6.) other people are more anxious than I am

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

7.) I'm different

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

8.) other people are better at getting it right socially than me

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

9.) I must appear intelligent and witty

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

10.) I look as anxious as I feel

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

11.) if other people think I'm inferior, then I am

totally agree *agree very much* *agree slightly* *neutral* *disagree slightly* *disagree very much* *totally disagree*

12.) **I'm unacceptable**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

13.) **anxiety is not a sign of weakness**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

14.) **other people are more competent than I am**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

15.) **others are more acceptable and likeable than me**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

16.) **my anxiety is obvious to other people**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

17.) **if someone doesn't like me, it is my fault**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

18.) **to be worthwhile, I don't need approval from other people**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

19.) **I must not let anyone see I am anxious**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

20.) **people think I am uninteresting**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

21.) **if others really get to know me, they won't like me**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

22.) **unless I appear calm, cool and collected, people will reject me**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

23.) **I'm inferior**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

24.) **I'm vulnerable**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

25.) **other people are less anxious than I am**

<i>totally</i>	<i>agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>disagree</i>	<i>totally</i>
<i>agree</i>	<i>very much</i>	<i>slightly</i>		<i>slightly</i>	<i>very much</i>	<i>disagree</i>

26.) people can see right through me, and see my weakness

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

27.) I don't need to be liked by everyone

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

28.) I'm a weird person

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

29.) if people see I'm anxious, they will humiliate, ridicule and discount me

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

30.) if I disagree with someone, they will think I am stupid or will reject me

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

31.) I'm odd/peculiar

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

32.) I'm important to other people

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

33.) people see anxiety as a sign of weakness

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

34.) I have to do things right to be accepted

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

35.) unless I am witty and interesting, people won't like me

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

36.) if I keep up appearances, I might scrape by

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

37.) my opinions mean nothing

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

38.) when people see that I'm anxious, they see the real, inferior me

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

39.) I'm attractive

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

40.) if people notice I am anxious they will think I am odd

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

41.) people are intolerant of signs of weakness

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

42.) if someone thought that I was inferior to them, I couldn't stand it

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

43.) if I am quiet, people will think I'm boring

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

44.) I'm inadequate

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

45.) if people see that I'm anxious, they will think I am weak or inferior

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

46.) I'm interesting

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

47.) if people look at me, it means they are thinking negative things about me

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

48.) I'm a boring person

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

49.) even if people see my anxiety, it doesn't mean that I am inferior to them

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree

50.) I must always live up to other people's expectations

totally agree agree neutral disagree disagree totally
agree very much slightly slightly very much disagree