



WELLNESS WORKSHEET 26

How Comfortable Are You in Social Situations?

The statements below are things you may have thought to yourself at some time before, during, or after a social interaction with someone you would like to get to know. Decide how frequently you might have been thinking a similar thought, and enter the appropriate number from the scale below. Please answer as honestly as possible.

- 1 = hardly ever had the thought
- 2 = rarely had the thought
- 3 = sometimes had the thought
- 4 = often had the thought
- 5 = very often had the thought

- _____ 1. When I can't think of anything to say, I can feel myself getting very anxious.
- _____ 2. I can usually talk to women/men pretty well.
- _____ 3. I hope I don't make a fool of myself.
- _____ 4. I'm beginning to feel more at ease.
- _____ 5. I'm really afraid of what she'll/he'll think of me.
- _____ 6. No worries, no fears, no anxieties.
- _____ 7. I'm scared to death.
- _____ 8. She/He probably won't be interested in me.
- _____ 9. Maybe I can put her/him at ease by starting things going.
- _____ 10. Instead of worrying, I can figure out how best to get to know her/him.
- _____ 11. I'm not too comfortable meeting women/men, so things are bound to go wrong.
- _____ 12. What the heck, the worst that can happen is that she/he won't go for me.
- _____ 13. She/He may want to talk to me as much as I want to talk to her/him.
- _____ 14. This will be a good opportunity.
- _____ 15. If I blow this conversation, I'll really lose my confidence.
- _____ 16. What I say will probably sound stupid.
- _____ 17. What do I have to lose? It's worth a try.
- _____ 18. This is an awkward situation, but I can handle it.
- _____ 19. Wow—I don't want to do this.
- _____ 20. It would crush me if she/he didn't respond to me.
- _____ 21. I've just got to make a good impression on her/him, or I'll feel terrible.
- _____ 22. You're such an inhibited idiot.
- _____ 23. I'll probably bomb out anyway.

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WELLNESS WORKSHEET 26 — continued

- _____ 24. I can handle anything.
- _____ 25. Even if things don't go well, it's no catastrophe.
- _____ 26. I feel awkward and dumb; she's/he's bound to notice.
- _____ 27. We probably have a lot in common.
- _____ 28. Maybe we'll hit it off real well.
- _____ 29. I wish I could leave and avoid the whole situation.
- _____ 30. Ah! Throw caution to the wind.

Scoring

For the Positive Thoughts scale, add up your responses to the following questions:

- 2 4 6 9 10 12 13 14
- 17 18 24 25 27 28 30

For the Negative Thoughts scale, add up your responses to the following questions:

- 1 3 5 7 8 11 15 16
- 19 20 21 22 23 26 29

Find your scores on the table below. A high score on the Positive Thoughts scale indicates a high degree of comfort in social situations and a low degree of social anxiety. A high score on the Negative Thoughts scale indicates a high degree of social anxiety. For tips on overcoming social anxiety, refer to the Behavior Change Strategy in Chapter 3 of your text.

Positive Thoughts		Negative Thoughts		
Men	Women	Men	Women	
40	45	34	31	Significantly below average
43	48	39	34	Somewhat below average
47	52	44	38	Average
51	56	49	42	Somewhat above average
54	59	54	45	Significantly above average