

Social Anxiety Self-Assessment

How often do avoid each of the following situations:

(Select: Never Avoid, Sometimes Avoid, Often Avoid or Always Avoid)

	NEVER	RARELY	OFTEN	ALWAYS
1. Meet someone new.	0	1	2	3
2. Public speaking.	0	1	2	3
3. Making eye contact with somebody you just met.	0	1	2	3
4. Being tested when others will know the result.	0	1	2	3
5. Using a public restroom where others may see you.	0	1	2	3
6. Being the center of attention.	0	1	2	3
7. Speaking to somebody in authority.	0	1	2	3
8. Expressing a difference of opinion.	0	1	2	3
9. Speaking to a stranger on the phone.	0	1	2	3
10. Returning a purchase to the store.	0	1	2	3
11. Situations where someone might try to sell you something.	0	1	2	3
12. Speaking in person with someone new.	0	1	2	3
13. Making calls in public or where other people can hear you.	0	1	2	3
14. Raise a point or ask a question in a work meeting or in class.	0	1	2	3
15. Socializing with others where alcohol is present.	0	1	2	3
16. Writing or typing while others are watching you.	0	1	2	3
17. Shared meals in a gathering or group.	0	1	2	3
18. Being the last to enter a room, or joining a meeting late.	0	1	2	3
19. Joining in team or group activities.	0	1	2	3
20. Appearing in a play or musical performance.	0	1	2	3
21. Meeting new people that you might want to date.	0	1	2	3
22. Completing tasks where others are watching you.	0	1	2	3
23. Arranging gatherings with friends or family.	0	1	2	3
24. Attending gatherings with friends or family.	0	1	2	3

Total your numerical score for all questions.

Interpreting your score:

- 0-15 Low Social Anxiety,
- 16-32 Moderate Social Anxiety,
- 33-39 Severe Social Anxiety,
- 40-72 Very Severe or Extreme Social Anxiety.

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