

If you suspect **Social Anxiety** as a possible diagnosis, fill out this form and bring it with you to our next session. You can either fill it out on line and print it or print it and fill it out by hand. Rate the severity with **1 through 5**, with 5 being severe and 1 being no problem.

1. Telephoning in public - speaking on the telephone in a public place	
2. Participating in small groups - having a discussion with a few others	
3. Eating in public places - do you tremble or feel awkward handling food	
4. Drinking with others in public places - refers to any beverage including alcohol	
5. Talking to people in authority - for example, a boss or teacher	
6. Acting, performing, or giving a talk in front of an audience - refers to a large audience	
7. Going to a party - an average party to which you may be invited: assume you know some but not all of the people at the party	
8. Working while being observed - any type of work you might do, including school work or housework	
9. Writing while being observed - for example, signing a check in a bank	
10. Calling someone you don't know very well	
11. Talking with people you don't know very well	
12. Meeting strangers - assume others are of average importance to you	
13. Urinating in a public bathroom - assume that others are sometimes present, as might normally be expected	
14. Entering a room when others are already seated - refers to a small group, and nobody has to move seats for you	
15. Being the center of attention - telling a story to a group of people	
16. Speaking up at a meeting - speaking from your seat in a small meeting, or standing up in place in a large 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 the eyes - refers to appropriate eye contact	
20. Giving a report to a group - refers to an oral report to a small group	
21. Trying to pick up someone - refers to a single person attempting to initiate a relationship with a stranger	
22. Returning goods to a store where returns are normally accepted	
23. Giving an average party	
24. Resisting a high pressure sales person - avoidance refers to listening to the salesperson for too long	