
Shyness Test Questionnaire

Please read the following 35 descriptions and consider how much they align with your traits. Rate each one on a scale of 1–5, where "1" means "Not at all true" and "5" means "Very true," with increments accordingly.

1. ____2____ In social interactions, I always worry about looking foolish.
2. ____2____ I often feel insecure when interacting with others.
3. ____2____ Others always seem more relaxed and at ease in social situations than I am.
4. ____2____ If I am rejected in social interactions, it must be because I didn't perform well.
5. ____1____ I find it difficult to strike up conversations with others.
6. ____2____ Most of the time, I feel extremely lonely.
7. ____4____ While appearing fine on the outside, I am often critically judgmental of others inside.
8. ____1____ Even when faced with unreasonable requests, I find it hard to say no.
9. ____2____ In collaborative work, I often end up doing more than my assigned tasks due to my inability to decline.
10. ____3____ I find it easy to ask favors from others.
11. ____2____ I never let others know when I'm upset or sad.
12. ____2____ I find it challenging to make plans to meet up with people.
13. ____3____ Expressing my true thoughts and feelings to others is often difficult for me.
14. ____3____ I frequently doubt others' intentions towards me.
15. ____3____ I often feel irritated by others' requests.
16. ____3____ During group discussions, I often prefer to observe from the side rather than participate.
17. ____2____ Due to fear of rejection or being ignored, I struggle to integrate into social situations.
18. ____3____ I worry about becoming a burden to others.
19. ____1____ When asked personal questions, I often feel tense and anxious.
20. ____2____ I don't mind being taken advantage of by others.
21. ____3____ When I sense others are negative towards me, I assume it's because I've done something wrong.
22. ____4____ I often think about how I should behave in specific situations and act accordingly.
23. ____3____ If I appear different from others, I feel embarrassed.
24. ____3____ I am often disappointed in myself.
25. ____3____ If things don't go according to plan, I blame myself.

26. ____1____ In social interactions, I frequently feel ashamed and embarrassed.
27. ____4____ I often sense my thoughts, even if I don't know where they come from.
28. ____3____ I care deeply about whether others approve of me.
29. ____3____ In social settings, I actively seek to meet and know more people.
30. ____4____ If someone is harsh or critical towards me, I assume they must be having a bad day.
31. ____1____ The more people know me, the more they talk negatively about me behind my back.
32. ____3____ I believe it's essential to please others.
33. ____2____ If people knew someone felt anxious in social situations, they would look down on them and feel superior.
34. ____2____ After conversing with others, I often reflect on my behavior and performance.
35. ____3____ I am satisfied with my level of social support.

Average Score: 2.43 (Questions 10, 29, 30, and 35 were reverse scored.)

Comments:

The average data from this questionnaire is normal and does not reach the level of clinical social anxiety. However, some of the questions do reveal certain cognitive distortions in the participant. The participant also acknowledges that she tends to feel shy and unsure of how to respond in specific situations, which makes her a suitable candidate for this experiment.

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