



This questionnaire is designed to help you explore some of the concerns you already have for your loved one, child or friend. We hope you find this questionnaire useful as you discuss your concerns with a pediatrician, physician or therapist. This document may also provide you with the words to begin a conversation with the sufferer in your life. Please note that AKFSA has no ability to record your responses.

**Respond to each statement with one of the following:**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
He/she is concerned about showing signs of embarrassment or nervousness, like sweating, blushing or stammering.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she anticipates a social situation going badly or embarrassing him/herself long before the social situation occurs.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she frequently explains being quiet or avoiding conversations with the excuse, "I don't know what to say" or a similar sentiment.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she relies on text messaging, emailing and instant messaging to communicate, preferring these methods to phone calls and face-to-face conversations.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she uses alcohol, prescription or recreational drugs to "function" or "manage" in social situations and/or when he/she will be the focus of attention.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she over analyzes and obsessively worries about his/her appearance and what to wear before going into a social situation.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she continues to worry about how he/she performed or was perceived during a social situation several days or weeks after it is over.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she makes a great effort to get out of public speaking obligations, even when it involves only speaking in front of a small group.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she becomes visibly nervous when interacting with others and experiences dizziness, shortness of breath or other physical reactions.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she "scripts" what to say prior to a social interaction or over analyzes and edits what to say when involved in a social situation.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>