



This questionnaire is designed for you to use as a means to discuss how you are feeling with your physician, therapist or even a trusted family member or friend. Even if you do not respond to every scenario, we hope that you will find this helpful. Simply print out this page and use it to move yourself forward into a healthier place. 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
I avoid making new friends by only interacting with people I already know and feel comfortable with.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have many friendships and relationships with people outside of my family.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In social settings, I prefer not to speak to or be noticed by others.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would rather talk to people on the phone or over the internet instead of in person.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would rather stay at home on a weekend night than leave to hang out with other people my age.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I greatly prefer text messaging, emailing and instant messaging to phone calls and face-to-face conversations.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would rather stay in and play video games, use the computer or watch television than go out with friends.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoid parties and other social functions that involve groups of people who are not my family members.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have an interest in dating, and I don't really want a boyfriend/girlfriend.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't invite friends over, and I don't accept invitations to go over to other people's houses.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>