



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 am 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"/>
I start anticipating a social situation going badly or embarrassing myself long before the social situation occurs.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I frequently explain 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"/>
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 use alcohol and drugs to "function" or "manage" in social situations.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I over analyze and obsessively worry about my 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"/>
I worry about how I performed or how I 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"/>
I make 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"/>
I experience dizziness, shortness of breath or other physical reactions when I interact with others people.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think a lot about what I am going to say prior to a social interaction, or I over analyze and edit what to say when I am talking to someone.				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>