

Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_



## WELLNESS WORKSHEET 26

### How Comfortable Are You in Social Situations?

The statements below are things you may have thought to yourself at some time before, during, or after a social interaction with someone you would like to get to know. Decide how frequently you might have been thinking a similar thought, and enter the appropriate number from the scale below. Please answer as honestly as possible.

- 1 = hardly ever had the thought  
 2 = rarely had the thought  
 3 = sometimes had the thought  
 4 = often had the thought  
 5 = very often had the thought

- \_\_\_\_\_ 1. When I can't think of anything to say, I can feel myself getting very anxious.
- \_\_\_\_\_ 2. I can usually talk to women/men pretty well.
- \_\_\_\_\_ 3. I hope I don't make a fool of myself.
- \_\_\_\_\_ 4. I'm beginning to feel more at ease.
- \_\_\_\_\_ 5. I'm really afraid of what she'll/he'll think of me.
- \_\_\_\_\_ 6. No worries, no fears, no anxieties.
- \_\_\_\_\_ 7. I'm scared to death.
- \_\_\_\_\_ 8. She/He probably won't be interested in me.
- \_\_\_\_\_ 9. Maybe I can put her/him at ease by starting things going.
- \_\_\_\_\_ 10. Instead of worrying, I can figure out how best to get to know her/him.
- \_\_\_\_\_ 11. I'm not too comfortable meeting women/men, so things are bound to go wrong.
- \_\_\_\_\_ 12. What the heck, the worst that can happen is that she/he won't go for me.
- \_\_\_\_\_ 13. She/He may want to talk to me as much as I want to talk to her/him.
- \_\_\_\_\_ 14. This will be a good opportunity.
- \_\_\_\_\_ 15. If I blow this conversation, I'll really lose my confidence.
- \_\_\_\_\_ 16. What I say will probably sound stupid.
- \_\_\_\_\_ 17. What do I have to lose? It's worth a try.
- \_\_\_\_\_ 18. This is an awkward situation, but I can handle it.
- \_\_\_\_\_ 19. Wow—I don't want to do this.
- \_\_\_\_\_ 20. It would crush me if she/he didn't respond to me.
- \_\_\_\_\_ 21. I've just got to make a good impression on her/him, or I'll feel terrible.
- \_\_\_\_\_ 22. You're such an inhibited idiot.
- \_\_\_\_\_ 23. I'll probably bomb out anyway.

(over)

**WELLNESS WORKSHEET 26 — continued**

- \_\_\_\_\_ 24. I can handle anything.
- \_\_\_\_\_ 25. Even if things don't go well, it's no catastrophe.
- \_\_\_\_\_ 26. I feel awkward and dumb; she's/he's bound to notice.
- \_\_\_\_\_ 27. We probably have a lot in common.
- \_\_\_\_\_ 28. Maybe we'll hit it off real well.
- \_\_\_\_\_ 29. I wish I could leave and avoid the whole situation.
- \_\_\_\_\_ 30. Ah! Throw caution to the wind.

**Scoring**

For the Positive Thoughts scale, add up your responses to the following questions:

- 2            4            6            9            10          12          13          14
- 17          18          24          25          27          28          30

For the Negative Thoughts scale, add up your responses to the following questions:

- 1            3            5            7            8            11          15          16
- 19          20          21          22          23          26          29

Find your scores on the table below. A high score on the Positive Thoughts scale indicates a high degree of comfort in social situations and a low degree of social anxiety. A high score on the Negative Thoughts scale indicates a high degree of social anxiety. For tips on overcoming social anxiety, refer to the Behavior Change Strategy in Chapter 3 of your text.

<b>Positive Thoughts</b>		<b>Negative Thoughts</b>		
Men	Women	Men	Women	
40	45	34	31	Significantly below average
43	48	39	34	Somewhat below average
47	52	44	38	Average
51	56	49	42	Somewhat above average
54	59	54	45	Significantly above average

SOURCE: Used with permission from Glass, C. R., et al. 1982. The social interaction self-statement test. *Cognitive Therapy and Research*, New York: Plenum Publishing, 37-55.