

Social Anxiety Checklist

Instructions: Read each question and determine whether the item is *mostly relevant* to your current functioning in social situations. If you answered "Yes" to more than five or six questions, then social anxiety is probably a significant problem for you.

Questions	Yes	No
1. Do you almost always feel quite anxious in a variety of social situations that you encounter on a daily basis?		
2. Do you often feel apprehensive or worried about upcoming social events?		
3. Do you avoid or make excuses to get out of social obligations?		
4. When you can't avoid a social encounter, do you try to leave as soon as possible?		
5. Do you tend to assume you are making a poor impression on people or that they are judging you in a negative manner (thinking you are stupid, incompetent, disturbed, and so forth)?		
6. Are you intensely afraid of saying something embarrassing or humiliating when talking to others?		
7. Do you try hard not to appear anxious in social situations?		
8. When you are around other people, do you try to say as little as possible to avoid drawing attention to yourself?		
9. In social situations, are you quite preoccupied with your performance, tending to "overanalyze" how you are coming across to other people?		
10. Do you rely on various coping strategies to reduce your anxiety around others, such as avoiding eye contact, rehearsing what you say before speaking, and taking deep breaths?		
11. Has social anxiety held you back in your occupation, family relations, leisure activities, or friendships?		
12. After a social interaction, do you often go over and over in your mind what you said or how you came across to other people?		
13. Do you seem to have a particularly good memory for difficult or embarrassing past social encounters?		
14. Do you often feel like you don't know what to say to other people?		
15. Do you believe you are particularly incompetent or inept around other people?		
16. Is embarrassing yourself in front of others just about the worst thing you can imagine?		
17. Do you have problems being assertive or stating your opinion?		
18. Would people who know you best say you are a shy or anxious person?		
19. Do you often feel like everyone is looking at you in social situations?		
20. Do you think you are more anxious in social situations than most people?		
21. Have you been socially anxious or inhibited most of your life?		
22. Have you tried to overcome social anxiety but had only limited success in beating it?		

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