INSTRUCTIONS: Circle the **one phrase** that best represents the extent to which you a gree with the item. If any of the items *concern something* that is not part of your experience (e.g., "it scares me when I feel shaky" for someone who has never trembled or had the "shakes"), answer on the basis of how you think you might feel *if you had* such an experience. Otherwise, answer all items on the basis of your own experience.

1. It is important for me not to VERY LITTLE	o a ppear nervous. A LITTLE	SOME	MUCH	VERYMUCH
2. When I cannot keep my may VERY LITTLE	ind on a task, I worry that A LITTLE	I might be going o SOME	erazy. MUCH	VERYMUCH
3. It scares me when my hear VERY LITTLE	t beats rapidly. A LITTLE	SOME	MUCH	VERYMUCH
4. When my stomach is upset VERY LITTLE	, I worry that I might be so A LITTLE	eriously ill. SOME	MUCH	VERYMUCH
5. It scares me when I am una VERY LITTLE	able to keep my mind on a A LITTLE	task. SOME	MUCH	VERYMUCH
6. When I tremble in the pres VERYLITTLE	sence of others, I fear wha A LITTLE	t people might thi SOME	nk of me. MUCH	VERY MUCH
7. When my chest feels tight VERY LITTLE	, I get scared that I won't A LITTLE	beable to breathe SOME	properly. MUCH	VERYMUCH
8. When I feel pain in my ch VERY LITTLE	est, I worry that I'm going A LITTLE	g to have a heart a SOME	ttack. MUCH	VERY MUCH
9. I worry that other people work VERY LITTLE	vill notice my anxiety. A LITTLE	SOME	MUCH	VERY MUCH
10. When I feel "spacey" or s	spaced out I worry that I n	a ay ba mantally il	i	
VERYLITTLE	A LITTLE	SOME	MUCH	VERYMUCH
	A LITTLE			VERYMUCH VERYMUCH
VERYLITTLE 11. It scares me when I blush	A LITTLE nin front of people. A LITTLE	SOME	MUCH MUCH	VERYMUCH
VERYLITTLE 11. It scares me when I blush VERYLITTLE 12. When I notice my heart s	A LITTLE n in front of people. A LITTLE kipping a beat, I worry that A LITTLE	SOME SOME at there is someth. SOME	MUCH MUCH ing seriously wron MUCH	VERY MUCH
VERYLITTLE 11. It scares me when I blush VERYLITTLE 12. When I notice my heart s VERYLITTLE 13. When I begin to sweat in	A LITTLE nin front of people. A LITTLE kipping a beat, I worry the A LITTLE a social situation, I fear p A LITTLE	SOME SOME at there is somether SOME eople will think not SOME	MUCH MUCH ing seriously wron MUCH egatively of me. MUCH	VERY MUCH g with me. VERY MUCH
VERYLITTLE 11. It scares me when I blush VERYLITTLE 12. When I notice my heart s VERYLITTLE 13. When I begin to sweat in VERYLITTLE 14. When my thoughts seem	A LITTLE nin front of people. A LITTLE kipping a beat, I worry the A LITTLE a social situation, I fear p A LITTLE to speed up, I worry that I A LITTLE	SOME SOME at there is someth: SOME eople will think n SOME might be going of SOME	MUCH MUCH ing seriously wron MUCH egatively of me. MUCH razy.	VERY MUCH g with me. VERY MUCH VERY MUCH
VERYLITTLE 11. It scares me when I blush VERYLITTLE 12. When I notice my heart s VERYLITTLE 13. When I begin to sweatin VERYLITTLE 14. When my thoughts seem VERYLITTLE 15. When my throat feels tight	A LITTLE nin front of people. A LITTLE kipping a beat, I worry that A LITTLE a social situation, I fear p A LITTLE to speed up, I worry that I A LITTLE nt, I worry that I could che A LITTLE	SOME SOME at there is someth: SOME eople will think now SOME might be going of SOME oke to death. SOME	MUCH MUCH ing seriously wron MUCH egatively of me. MUCH razy. MUCH MUCH	VERY MUCH g with me. VERY MUCH VERY MUCH VERY MUCH
VERYLITTLE 11. It scares me when I blush VERYLITTLE 12. When I notice my heart s VERYLITTLE 13. When I begin to sweat in VERYLITTLE 14. When my thoughts seem VERYLITTLE 15. When my throat feels tigh VERYLITTLE 16. When I have trouble thin	A LITTLE nin front of people. A LITTLE kipping a beat, I worry the A LITTLE a social situation, I fear p A LITTLE to speed up, I worry that I A LITTLE nt, I worry that I could che A LITTLE king clearly, I worry that I A LITTLE	SOME SOME at there is someth: SOME eople will think n SOME might be going of SOME oke to death. SOME there is something SOME	MUCH MUCH ing seriously wron MUCH egatively of me. MUCH razy. MUCH MUCH MUCH wwong with me.	VERYMUCH gwith me. VERYMUCH VERYMUCH VERYMUCH VERYMUCH