

TF Questionnaire

Directions: This questionnaire contains statements that different people might use to describe themselves. Most of these statements are followed by four choices: T t f F. The meaning of these four different choices is given below:

T = True t = mostly true f = mostly false F = False

Some statements include two possible endings, marked (A) and (B). For these statements, choose one of these four answers: A a b B. The meaning of the four different choices is given below:

A = Definitely A a = mostly A b = mostly B B = Definitely B

For each statement, fill in the bubble next to the choice that describes you best. There are no right or wrong answers; just choose the answer that best describes you.

Like this: ☒ Not like this: ☒ ☒ ☒

Remember: Fill only one bubble per item. If you make a mistake cross out the incorrect answer with an X and fill in the correct option.

Answer all of the items. Please work rapidly and do not spend too much time on any one statement.

1.	I am easily frightened.	T	t	f	F
2.	I'm not intimidated by anyone.	T	t	f	F
3.	I would probably stay relaxed and outgoing when meeting a group of strangers, even if I were told they are unfriendly.	T	t	f	F
4.	I recover more quickly than most people from minor illnesses or stress.	T	t	f	F
5.	I am a good conversationalist.	T	t	f	F
6.	I would find the job of movie stunt person exciting.	T	t	f	F
7.	If I were a fire-fighter, I think that I might actually enjoy the excitement of trying to rescue someone from the top floor of a burning building.	T	t	f	F
8.	I usually have good luck in whatever I try to do.	T	t	f	F
9.	I almost always feel very sure of myself when I'm around other people.	T	t	f	F
10.	I bet that it would be fun to pilot a small airplane alone.	T	t	f	F
11.	When I want to, I can usually put fears and worries out of my mind.	T	t	f	F
12.	Many people think of me as a daredevil.	T	t	f	F

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13.	I sometimes have difficulty standing up for my rights in social situations.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
14.	When I am in a frightening situation, I can "turn off" my fear almost at will.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
15.	I often feel insecure.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
16.	I find it easy to go up to someone I've never met and introduce myself.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
17.	I nearly always stay relaxed and carefree, even when nearly everyone else is fearful.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
18.	I am easily "rattled" at critical moments.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
19.	I am a squeamish person.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
20.	I become embarrassed more easily than most people.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
21.	I can remain calm in situations that would make many other people panic.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
22.	Usually I am more worried than most people that something might go wrong in the future.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
23.	I think that it might almost be exciting to be a passenger on a plane that appeared certain to crash, yet somehow managed to land safely.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
24.	I often feel tense and worried in unfamiliar situations, even when others feel there is no danger at all.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
25.	I usually am confident that everything will go well, even in situations that worry most people.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
26.	It takes me a long time to get over embarrassing or humiliating experiences.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
27.	I usually feel tense and worried when I have to do something new and unfamiliar.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
28.	I tend to be "thin-skinned" and overly sensitive to criticism.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
29.	I usually stay calm and secure in situations that most people would find physically dangerous.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
30.	I often avoid meeting strangers because I lack confidence with people I do not know.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
31.	When I get scared, I panic.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
32.	I have fewer fears than most people my age.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
33.	I have less energy and get tired more quickly than most people.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
34.	I am usually confident that I can easily do things that most people would consider dangerous (such as driving an automobile fast on a wet or icy road).	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
35.	I think I would stay confident and relaxed when meeting strangers, even if I were told they are angry at me.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
36.	If I am embarrassed or humiliated, I get over it very quickly.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F

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37.	Regardless of any temporary problem that I have to overcome, I always think it will turn out well.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
38.	I usually feel more confident and energetic than most people, even after minor illnesses or stress.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
39.	I feel very confident and sure of myself in almost all social situations.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
40.	I am easily flustered in pressured situations.	<input type="radio"/> T	<input type="radio"/> t	<input type="radio"/> f	<input type="radio"/> F
41.	(A) I would like to try surf-board riding. (B) I would not like to try surf-board riding.	<input type="radio"/> A	<input type="radio"/> a	<input type="radio"/> b	<input type="radio"/> B
42.	(A) I would like to try parachute jumping.(B) I would never want to try jumping out of a plane with or without a parachute.	<input type="radio"/> A	<input type="radio"/> a	<input type="radio"/> b	<input type="radio"/> B

Directions: The items in this questionnaire refer to things and experiences that may cause fear or other similar, unpleasant feelings. Read each item and decide how much you are disturbed by it nowadays. Then, fill the circle that most closely describes how disturbed you feel, using the following scale:

Not at all A little A fair amount Much Very Much
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Here is an example:

Item	Rating
142. Boating	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

If going boating generally leads you to feel no fear, fill number ① (not at all). If you would feel a little fear, fill number ② (a little). If you would feel more afraid, fill a higher number: ③ (a fair amount), ④ (much), or ⑤ (very much), depending on your response to the item.

Like this: ☒ Not like this: ☐ ☐ ☐

Remember: Fill only one bubble per item. If you make a mistake cross out the incorrect answer with an X and fill in the correct option. Answer all of the items. Please work rapidly and do not spend too much time on any one statement.

		Not at all	A little	A fair amount	Much	Very Much
1.	Journeys by car	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
2.	Being in an elevator	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
3.	Doctors	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
4.	Crowds	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
5.	Cemeteries	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

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		Not at all	A little	A fair amount	Much	Very Much
6.	Strangers	①	②	③	④	⑤
7.	Enclosed places	①	②	③	④	⑤
8.	Being teased	①	②	③	④	⑤
9.	Being in a strange place	①	②	③	④	⑤
10.	Being watched working	①	②	③	④	⑤
11.	Bats	①	②	③	④	⑤
12.	Being criticized	①	②	③	④	⑤
13.	Feeling rejected by others	①	②	③	④	⑤