Instructions: For the purpose of this questionnaire, think of *socializing* as the participation in social activities or mixing socially with others. This can include family and friends.

**Trait**

**Having intentions and plans to socialize**

5. When I feel lonely, I think of ways to socialize.

18. When I feel lonely, I make plans to socialize.

23. When I feel lonely, I try to socialize right away.

**Anticipation of positive reinforcement that may result from socializing**

9. I socialize to feel better.

10. Sometimes, socializing makes things seem just perfect.

15. Socializing when I feel lonely makes me feel better.

24. When I socialize, I feel great.

38. When I socialize, I feel comforted.

**Anticipation of relief from negative states and feelings as a result of socializing**

16. When I socialize, I feel less depressed.

19. Socializing calms me down.

21. I feel less anxious after I socialize.

**Thoughts or preoccupation with socializing**

6. I feel like I think about socializing all the time.

8. I find myself preoccupied with socializing.

27. I can’t stop thinking about socializing no matter how hard I try.

28. I spend a lot of time thinking about when I will socialize next.

31. I daydream about socializing.

32. Whenever I feel lonely, I keep on thinking about socializing until I am able to socialize.

33. If I am lonely, thoughts of socializing consume me.

**Socializing as a psychological state**

11. Thinking about socializing makes me feel good.

12. I feel lonely when I haven’t socialized in a while.

13. I feel as if I *need* to socialize.

14. When I’m lonely, I can’t get enough social interaction.

**Emotions that may be experienced before or after loneliness or socializing**

20. I feel lonely when I’m bored, angry, or sad.

30. When I’m stressed out, I feel lonely.

34. My emotions often make me want to socialize.

39. I feel lonely when I’m upset.

**Cues that may trigger loneliness**

1. Seeing others socialize makes me feel lonely.

35. I like to socialize as much as possible.

36. It’s hard for me to resist an invitation to socialize.

**Guilt from loneliness and/or from missing out on/cancelling social interactions**

4. I hate it when I feel lonely.

7. I often feel guilty if I miss an opportunity to socialize.

17. When I cancel plans, I feel guilty.

**State**

**An intense desire to socialize**

1. I have an intense desire to socialize.

2. I’m craving social interaction.  
3. I have an urge to socialize.

**Anticipation of positive reinforcement that may result from socializing**

4. Socializing would make things seem just perfect.

5. If I were to socialize, I’m sure my mood would improve.

6. Socializing would feel wonderful.

**Anticipation of relieve from negative states and feelings as a result of socializing**

7. If I socialized, I wouldn’t feel so sad.

8. Socializing would make me feel less angry.

9. I would feel less scared if I could socialize.

**Lack of control over socializing**

10. If I could socialize right now, I would do so.

11. My desire to socialize seems overpowering.

12. I know I’m going to keep thinking about socializing until I am able to.

**Loneliness as a psychological state**

13. I am lonely.

14. If I socialized right now, I wouldn’t feel as bad.

15. I feel bad because of not socializing.