

9:41

Step 1 of 3

What social situations make you anxious?

Select triggers... ▾

BACK

NEXT

Your answers will help us personalize your experience!

9:41

Step 1 of 10



How anxious do you feel when speaking in public?

Low

Moderate


High

You seem a little anxious

Next

9:41

Step 2 of 10



How anxious do you feel when making small talk with a stranger?

Low

Moderate


High

You seem a little anxious

Next

9:41

Step 3 of 10



How anxious do you feel when attending a party with few familiar people?

Low

Moderate


High

You seem a little anxious

Next

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Step 4 of 10



How anxious do you feel when asking someone for directions?

Low

Moderate


High

You seem a little anxious

Next

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Step 5 of 10



How anxious do you feel when eating at a restaurant with people around?

Low

Moderate


High

You seem a little anxious

Next

9:41

Step 6 of 10



How anxious do you feel when starting a conversation with a peer or coworker?

Low

Moderate


High

You seem a little anxious

Next

9:41

Step 7 of 10



How anxious do you feel when traveling in a crowded bus or train?

Low

Moderate

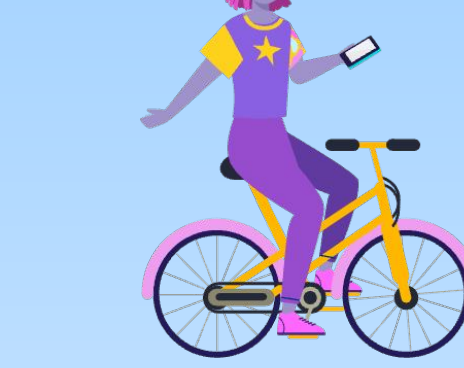
High

You seem a little anxious

Next

9:41

Step 8 of 10



How anxious do you feel when calling someone unfamiliar?

Low

Moderate


High

You seem a little anxious

Next

9:41

Step 9 of 10



How anxious do you feel when returning an item and speaking to the cashier?

Low

Moderate


High

You seem a little anxious

Next

9:41

Step 10 of 10



How anxious do you feel when giving a presentation or speaking in public?

Low

Moderate

High


You seem a little anxious

Next


9:41

All done! You've completed the anxiety assessment

Here's how you responded across different social situations.



Every insight brings you one step closer to confidence.



Continue

Retake Assessment