

We would like you to remember one specific social situation, which has led to unreasonably strong or unrealistic anxiety or discomfort or in which you had a strong feeling of shame. Please let yourself be guided by the situations listed below. The situation should have been of personal relevance to you, and it should have happened during the past six months. If you remember more than one situation, please choose the one that was most relevant for you.

- talking in front of a group
- being at a party
- talking to authorities
- participating in group activities
- using public restrooms
- returning goods to a store
- beginning/maintaining a conversation
- expressing disapproval
- talking on the phone
- initiating a romantic relationship
- dating someone
- oral exams
- eating/drinking/writing in public
- talking on the phone with others listening
- giving a party
- formal and informal meetings
- being criticized

[illegible]

[illegible]