

Post-Task Thoughts and Feelings Questionnaire

Read the following statements and select the answer that best describes your experience *during* the tasks (1- Not at all, 2- A little bit, 3- Somewhat, 4- Very Much, 5- Extremely):

	1- Not at All	2- A little bit	3- Somewhat	4- Very Much	5- Extremely
1. I was completely focused on the task					
2. I thought about things other than the task					
3. I was distracted					
4. I thought about other people					
5. I thought previous or upcoming social interactions					
6. I thought about how I look to others					
7. I thought about whether others would like me					
8. I felt relaxed					
9. I had negative thoughts					

10. The same thoughts kept repeating in my head					
11. I felt anxious					

12. I worried a lot					