

Initials/ID #: _____

Date: _____

Brief Fear of Negative Evaluation-II

(Carleton, Collimore, & Asmundson, 2007)

Please circle the number that best corresponds to how much you agree with each item.

	Not at all characteristic of me	A little characteristic of me	Somewhat characteristic of me	Very characteristic of me	Entirely characteristic
1. I worry about what other people will think of me even when I know it doesn't make any difference.	1	2	3	4	5
2. It bothers me when people form an unfavourable impression of me.	1	2	3	4	5
3. I am frequently afraid of other people noticing my shortcomings.	1	2	3	4	5
4. I worry about what kind of impression I make on people.	1	2	3	4	5
5. I am afraid that others will not approve of me.	1	2	3	4	5
6. I am afraid that other people will find fault with me.	1	2	3	4	5
7. I am concerned about other people's opinions of me.	1	2	3	4	5
8. When I am talking to someone, I worry about what they may be thinking about me.	1	2	3	4	5
9. I am usually worried about what kind of impression I make.	1	2	3	4	5
10. If I know someone is judging me, it tends to bother me.	1	2	3	4	5
11. Sometimes I think I am too concerned with what other people think of me.	1	2	3	4	5
12. I often worry that I will say or do wrong things.	1	2	3	4	5