**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):

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

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| 1. The same thoughts kept repeating in my head |  |  |  |  |  |
| 1. I felt anxious |  |  |  |  |  |
| 1. I worried a lot |  |  |  |  |  |