

# About how you feel

Please indicate how often each of the statements below is descriptive of you

**It is difficult for me to make friends \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I feel completely alone \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**There is no one I can turn to \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**My social relationships are superficial \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I am no longer close to anyone \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I feel starved for company \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I have nobody to talk to \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I feel shut out and excluded by others \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I feel left out \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I am unhappy doing so many things alone \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I am unhappy being so withdrawn \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**No one really knows me well \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**People are around me but not with me \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I cannot tolerate being so alone \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I lack companionship \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I find myself waiting for people to call or write \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I feel as if nobody really understands me \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I am unable to reach out and communicate with those around me \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**I feel isolated from others \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**My interest and ideas are not shared by those around me \***

I never feel this way

I rarely feel this way

I sometimes feel this way

I often feel this way

**Complete**