# Error Sensitivity Index

| To what extent is this statement true for you? | | | |
|---|---|---|---|
| | not at all | somewhat | a lot |
| 1) When I notice a mistake I made, I feel upset. | ◯ | ◯ | ◯ |
| 2) My stomach feels sick when I make a mistake. | ◯ | ◯ | ◯ |
| 3) If I make a mistake, I always want to fix it. | ◯ | ◯ | ◯ |
| 4) When someone notices I did something wrong, I feel upset. | ◯ | ◯ | ◯ |
| 5) I am afraid of making mistakes in front of other people. | ◯ | ◯ | ◯ |
| 6) I like to do things perfectly. | ◯ | ◯ | ◯ |
| 7) I feel upset when other people don't like something I have done. | ◯ | ◯ | ◯ |
| 8) When I make a mistake, I feel anxious. | ◯ | ◯ | ◯ |
| 9) When I make a mistake, I start sweating or blushing. | ◯ | ◯ | ◯ |