**Error Sensitivity Index**

To what extent is this statement true for you?

1 = not at all

2 = somewhat

3 = 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.