**(SPAIC-C)**

Below are some places or activities that sometimes make boys or girls feel nervous or scared. All of these activities are called social situations because they involve being with other people. Social situations include playing outside with other boys and girls, playing a sport while others are watching, being in a play or recital, going to a party or a meeting, playing at the playground, or just being around other boys and girls at school.

Think about yourself and circle the number that shows how often you would feel nervous or scared when doing this.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Never, Or Hardly Ever | Some times | Most of the Time, or Always |
| 1. | I feel scared when I have to join in a social situation with a large group of boys and girls (more than 6) | 0 | 1 | 2 |
| 2. | I feel scared when I am with other boys and girls or adults and I become the center of attention (they all look at me) | 0 | 1 | 2 |
| 3. | I feel scared when I am with other boys and girls or adults and I have to do something while they watch me (read aloud, play a game, play a sport) | 0 | 1 | 2 |
| 4. | I feel scared when I have to speak or read in front of a group of people | 0 | 1 | 2 |
| 5. | I feel scared when answering questions in class or at meetings (scouts, soccer team) even when I know the answer | 0 | 1 | 2 |
| 6. | I feel so scared at parties, dances, school, or anyplace where there will be more than two other people that I go home early | 0 | 1 | 2 |
| 7. | I feel scared when I meet new kids | 0 | 1 | 2 |
| 8. | I am too scared to ask questions in class | 0 | 1 | 2 |
| 9. | I feel scared when I am in the school cafeteria with |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 10. | If somebody starts arguing with me, I feel scared and do not know what to do if that person is |  |  |  |
|  | a boy or girl my age who I know | 0 | 1 | 2 |
|  | a boy or girl my age who I don’t know | 0 | 1 | 2 |
|  | an adult | 0 | 1 | 2 |
| 11. | If somebody asks me to do something that I don’t want to do, I feel scared and don’t know what to say if that person is |  |  |  |
|  | a boy or girl my age who I know | 0 | 1 | 2 |
|  | a boy or girl my age who I don’t know | 0 | 1 | 2 |
|  | an adult | 0 | 1 | 2 |
| 12. | I feel scared and don’t know what to do when in an embarrassing situation with (Embarrassed means that your face gets hot and red) |  |  |  |
|  | a boy or girl my age who I know | 0 | 1 | 2 |
|  | a boy or girl my age whoI don’t know | 0 | 1 | 2 |
|  | an adult | 0 | 1 | 2 |
| 13. | If somebody says something that I think is wrong or bad, I feel scared saying what I think if that person is |  |  |  |
|  | a boy or girl my age who I know | 0 | 1 | 2 |
|  | a boy or girl my age who I don’t know | 0 | 1 | 2 |
|  | an adult | 0 | 1 | 2 |
| 14. | I feel scared when I start to talk to |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 15. | I feel scared if I have to talk for longer than a few minutes with |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 16. | I feel scared when speaking (giving a book report, reading in front of the class) in front of |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 17. | I feel scared when I am in a school play, choir, music or dance recital in front of |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 18. | I feel scared when I am ignored or made fun of by |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 19. | I try to avoid social situations (parties, school, playing with others) where there are |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 20. | I leave social situations (parties, school, playing with others) when there are |  |  |  |
|  | boys or girls my age that I know | 0 | 1 | 2 |
|  | boys or girls my age that I don’t know | 0 | 1 | 2 |
|  | adults | 0 | 1 | 2 |
| 21. | Before going to a party or going someplace with others, I think about what might go wrong. I think |  |  |  |
|  | will I make a mistake and look stupid? | 0 | 1 | 2 |
|  | what if nobody talks to me? | 0 | 1 | 2 |
|  | what if somebody talks to me and I can’t think of what to say? | 0 | 1 | 2 |
|  | what if they see how scared I am? | 0 | 1 | 2 |
| 22. | My voice leaves me or sounds funny when I am talking to others | 0 | 1 | 2 |
| 23. | I usually do not speak to anyone until they speak to me | 0 | 1 | 2 |
| 24. | When I am with other people, I think scary thoughts. Sometimes I think |  |  |  |
|  | if I goof up, I will really feel bad | 0 | 1 | 2 |
|  | what are they thinking of me? | 0 | 1 | 2 |
|  | whatever I say will sound stupid | 0 | 1 | 2 |
| 25. | Before I go someplace (a party, school, soccer game, or any place where I will be with others) | 0 | 1 | 2 |
|  | I feel sweaty | 0 | 1 | 2 |
|  | I feel like I have to go to the bathroom | 0 | 1 | 2 |
|  | my heart beats fast | 0 | 1 | 2 |
|  | I get a headache or stomachache | 0 | 1 | 2 |
|  | my stomach feels funny | 0 | 1 | 2 |
| 26. | When I am someplace (a party, school, soccer game, or anyplace where I will be with others) |  |  |  |
|  | I feel sweaty | 0 | 1 | 2 |
|  | I shake | 0 | 1 | 2 |
|  | I feel like I have to go to the bathroom | 0 | 1 | 2 |
|  | my heart beats fast | 0 | 1 | 2 |
|  | I have a headache or stomachache | 0 | 1 | 2 |