**BFNE**

Read each of the following statements carefully and indicate how characteristic it is of you according to the following scale. Circle a number to indicate how characteristic the statement is of you.

1 = **Not at all** characteristic of me

2 = **Slightly** characteristic of me

3 = **Moderately** characteristic of me

4 = **Very** characteristic of me

5 = **Extremely** characteristic of me

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Not at all** | **Slightly** | **Moder-ately** | **Very** | **Extremely** |
| 1. I worry about what other people will think of me even when I know it doesn’t make a difference. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 2. I am unconcerned even if I know people are forming an unfavorable impression of me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 3. I am frequently afraid of other people noticing my shortcomings. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 4. I rarely worry about what kind of impression I am making on someone. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 5. I am afraid that others will not approve of me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 6. I am afraid that people will find fault with me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 7. Other people’s opinions of me do not bother me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 8. When I am talking to someone, I worry about what they may be thinking about me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 9. I am usually worried about what kind of impression I make. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 10. If I know someone is judging me, it has little effect on me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 11. Sometimes I think I am too concerned with what other people think of me. | ➀ | ➁ | ➂ | ➃ | ➄ |
| 12. I often worry that I will say or do the wrong things. | ➀ | ➁ | ➂ | ➃ | ➄ |