

social behaviours questionnaire

name: date:

Please circle the word which best describes how often you do the following things when you are anxious in or before a social situation.

Use alcohol to manage anxiety	Always	Often	Sometimes	Never
Try not to attract attention	Never	Sometimes	Often	Always
Make an effort to get your words right	Never	Sometimes	Often	Always
Check that you are coming across well	Always	Often	Sometimes	Never
Avoid eye contact	Never	Sometimes	Often	Always
Talk less	Always	Often	Sometimes	Never
Avoid asking questions	Always	Often	Sometimes	Never
Try to picture how you appear to others	Never	Sometimes	Often	Always
Grip cups or glasses tightly	Never	Sometimes	Often	Always
Position yourself so as not to be noticed	Always	Often	Sometimes	Never
Try to control shaking	Always	Often	Sometimes	Never
Choose clothes that will prevent or conceal sweating	Never	Sometimes	Often	Always
Wear clothes or makeup to hide blushing	Never	Sometimes	Often	Always
Rehearse sentences in your mind	Always	Often	Sometimes	Never
Censor what you are going to say	Always	Often	Sometimes	Never
Blank out or switch off mentally	Never	Sometimes	Often	Always
Avoid talking about yourself	Never	Sometimes	Often	Always
Keep still	Always	Often	Sometimes	Never
Ask lots of questions	Always	Often	Sometimes	Never
Think positive	Never	Sometimes	Often	Always
Stay on the edge of groups	Never	Sometimes	Often	Always
Avoid pauses in speech	Always	Often	Sometimes	Never
Hide your face	Never	Sometimes	Often	Always
Try to think about other things	Always	Often	Sometimes	Never
Talk more	Always	Often	Sometimes	Never
Try to act normal	Always	Often	Sometimes	Never
Try to keep tight control of your behaviour	Never	Sometimes	Often	Always
Make an effort to come across well	Always	Often	Sometimes	Never