

Social Anxiety Quiz

- Evaluate each question on a scale from 1-5. Use 1=disagree strongly and 5=agree strongly
- Do you spend a lot of time thinking about what you are going to say or how you are going to act in social situations? _____
- Do you have difficulty speaking up in a meeting or class? _____
- Do you panic at the prospect of giving a report or presentation to a group? _____
- Do you feel extremely uncomfortable starting or joining a conversation? _____
- Do you avoid calling or texting someone you don't know very well? _____

Total score _____

The higher your score, the more likely you are experiencing socially anxiety.

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