

## Self-Consciousness Scale

Please respond to the following statements about yourself by placing a number from the scale below next to each statement. For each of the statements, indicate how much each statement is like you by using the following scale.

3 = a lot like me

2 = somewhat like me

1 = a little like me

0 = not at all like me

Please be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers.

1.	I'm always trying to figure myself out.
2.	I'm concerned about my style of doing things.
3.	It takes me time to get over my shyness in new situations.
4.	I think about myself a lot.
5.	I care a lot about how I present myself to others.
6.	I often daydream about myself.
7.	It's hard for me to work when someone is watching me.
8.	I never take a hard look at myself.
9.	I get embarrassed very easily.
10.	I am self-conscious about the way I look.
11.	It's easy for me to talk to strangers.
12.	I generally pay attention to my inner feelings.
13.	I usually worry about making a good impression.
14.	I'm constantly thinking about my reasons for doing things.
15.	I feel nervous when I speak in front of a group.

16.	Before I leave my house, I check how I look.
17.	I sometimes step back (in my mind) in order to examine myself from a distance.
18.	I'm concerned about what other people think about me.
19.	I'm quick to notice changes in my mood.
20.	I'm usually aware of my appearance.
21.	I know the way my mind works when I work through a problem.
22.	Large groups make me nervous.

### Scoring Procedures

1. Reverse code items 8 and 11.
2. Computing sub scales:
  - a. For Private Self-Consciousness sub scale: Sum items, 1, 4, 6, 8, 12, 14, 17, 19, and 21.
  - b. For Public Self-Consciousness sub scale: Sum items, 2, 5, 10, 13, 16, 18, and 20.
  - c. For Social Anxiety Sub scale: sum items 3, 7, 9, 11, 15, and 22.