This questionnaire is designed to measure the way you see yourself. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number between 1 and 7, as follows:

1 = None of the time  
2 = Very rarely  
3 = A little of the time  
4 = Some of the time  
5 = A good part of the time  
6 = Most of the time  
7 = All of the time

1. _____ I feel that people would not like me if they really knew me well.  
2. _____ I feel that others get along much better than I do.  
3. _____  
4. _____ When I am with others I feel they are glad I am with them.  
5. _____ I feel that people really like to talk with me.  
6. _____  
7. _____ I think I make a good impression on others.  
8. _____ I feel that I need more self-confidence.  
9. _____  
10. _____ I think I am a dull person.  
11. _____ I feel ugly.  
12. _____  
13. _____ I feel that I bore people.  
14. _____ I think my friends find me interesting.  
15. _____  
16. _____ I feel very self-conscious when I am with strangers.  
17. _____ I feel that if I could be more like other people I would have it made.  
18. _____  
19. _____ I feel like a wallflower when I go out.  
20. _____ I feel I get pushed around more than others.  
21. _____  
22. _____ I feel that people really like me very much.  
23. _____ I feel that I am a likeable person.  
24. _____  
25. _____