**Brief Fear of Negative Evaluation Scale**
*Leary (1983)*

Read each of the following statements carefully and indicate how characteristic it is of you according to the following scale:

- 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

____ 1. I worry about what other people will think of me even when I know it doesn't make any difference.

____ 2. I am unconcerned even if I know people are forming an unfavorable impression of me.

____ 3. I am frequently afraid of other people noticing my shortcomings.

____ 4. I rarely worry about what kind of impression I am making on someone.

____ 5. I am afraid others will not approve of me.

____ 6. I am afraid that people will find fault with me.

____ 7. Other people's opinions of me do not bother me.

____ 8. When I am talking to someone, I worry about what they may be thinking about me.

____ 9. I am usually worried about what kind of impression I make.

____ 10. If I know someone is judging me, it has little effect on me.

____ 11. Sometimes I think I am too concerned with what other people think of me.

____ 12. I often worry that I will say or do the wrong things.