

SOCIAL FEAR SCALE

Raulin, M. L., & Wee, J. L. (1984). The development and initial validation of a scale to measure social fear. *Journal of Clinical Psychology, 40*, 780-784. {Scale reprinted in Corcoran and Fisher (1987 and 1994). Scale also included on the www.planetmedica.com web site.}

1. I like staying in bed so that I won't have to see anyone. (true)
2. I enjoy being a loner. (true)
3. I usually prefer being with friends to being by myself. (false)
4. Upon entering a crowded room, I often feel a strong urge to leave immediately. (true)
5. Honest people will admit that socializing is a burden. (true)
6. I find I can't relax unless I am alone. (true)
7. I feel comfortable being around animals than being around people. (true)
8. I think I would enjoy a job that involved working with lot of different people. (false)
9. I like to go for days on end without seeing anyone. (true)
10. I stay away from other people whenever possible. (true)
11. All my favorite pastimes are things I do by myself. (true)
12. I often tell people that I am not feeling well just to get out of doing things with them. (true)
13. The only time I feel really comfortable is when I'm off by myself. (true)
14. Being around other people makes me nervous. (true)
15. I would rather eat alone than with other people. (true)
16. I prefer traveling with friends to traveling alone. (false)
17. I really prefer going to movies alone. (true)
18. I almost always enjoy being with people. (false)
19. It is rare for me to prefer sitting home alone to going out with a group of friends. (false)
20. I often dream of being out in the wilderness with only animals as friends. (true)
21. While talking with people I am often overwhelmed with a desire to be alone. (true)
22. Pets are generally safer to be with than people. (true)
23. I usually find that being with people is very wearing. (true)
24. I often feel like leaving parties without saying goodbye. (true)
25. Even when I am in a good mood, I prefer being alone to being with people. (true)
26. Often I can't wait until the day is over so I can be by myself. (true)
27. I wish people would just leave me alone. (true)
28. I feel most secure when I am by myself. (true)

29. When seated in a crowded place I have often felt the urge to get up suddenly and leave. (true)
30. I often need to be totally alone for a couple of days. (true)
31. I feel most comfortable when I am with people. (false)
32. I like spending my spare time with other people. (false)
33. Whenever I make plans to be with people I always regret it later. (true)
34. The strain of being around people is so unbearable that I have to get away. (true)
35. I would consider myself a loner. (true)
36. I wish that I could be alone most of the time. (true)