

**Between Session Shyness Questionnaire**  
**Lynne Henderson, Ph.D.**

Instructions: Circle a number after each item to indicate how things have been since your last session, including today. Please answer all the questions.

I have felt:

**Generally fearful**

Not at all    1    2    3    4    5    6    7    Very

**Tense**

Not at all    1    2    3    4    5    6    7    Very

**Discouraged or hopeless**

Not at all    1    2    3    4    5    6    7    Very

**Inadequate**

Not at all    1    2    3    4    5    6    7    Very

**Socially anxious**

Not at all    1    2    3    4    5    6    7    Very

**Shy**

Not at all    1    2    3    4    5    6    7    Very

**Concerned about negative evaluation**

Not at all    1    2    3    4    5    6    7    Very

**Suicidal**

Not at all    1    2    3    4    5    6    7    Very

**Stupid**

Not at all    1    2    3    4    5    6    7    Very

**Embarrassed**

Not at all    1    2    3    4    5    6    7    Very

**Self-conscious**

Not at all    1    2    3    4    5    6    7    Very

**Humiliated**

Not at all    1    2    3    4    5    6    7    Very

**Frustrated**

Not at all    1    2    3    4    5    6    7    Very

**Resentful**

Not at all    1    2    3    4    5    6    7    Very

**Irritated**

Not at all	1	2	3	4	5	6	7	Very
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**Helpless or paralyzed**

Not at all	1	2	3	4	5	6	7	Very
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**Mistrustful of others**

Not at all	1	2	3	4	5	6	7	Very
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**Boiling inside**

Not at all	1	2	3	4	5	6	7	Very
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**Secretly critical of others**

Not at all	1	2	3	4	5	6	7	Very
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Since our last session I have:

**Avoided social interactions**

Not at all	1	2	3	4	5	6	7	Very much
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**Left social situations early**

Not at all	1	2	3	4	5	6	7	Very much
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**Avoided asserting myself when I wanted to**

Not at all	1	2	3	4	5	6	7	Very much
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**Pouted or sulked to express frustration**

Not at all	1	2	3	4	5	6	7	Very much
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**Withdrawn from people I like**

Not at all	1	2	3	4	5	6	7	Very much
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**Been satisfied with my relationships**

Not at all	1	2	3	4	5	6	7	Very much
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**Expressed myself more in my relationships**

Not at all	1	2	3	4	5	6	7	Very much
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During our last session I felt:

**Understood**

Not at all	1	2	3	4	5	6	7	Very much
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**That we were making progress toward solving my problems**

Not at all	1	2	3	4	5	6	7	Very much
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**Misunderstood**

Not at all	1	2	3	4	5	6	7	Very much
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