

### **Estimations of Others Scale (EOS)**

To what extent do you relate to each of these statements? Please make a rating on a 7 point scale from 1 (not at all) to 4 (moderately) to 7 (very much).

1. \_\_\_ People do not care about me.
2. \_\_\_ When people see my discomfort they feel superior.
3. \_\_\_ People do not identify with me when I am uncomfortable.
4. \_\_\_ People will be rejecting and hurtful if I let them close to me.
5. \_\_\_ People do not relate to my problems.
6. \_\_\_ If I'm not watchful and careful, people will take advantage of me.
7. \_\_\_ I must not let people know too much about me because they will misuse the information.
8. \_\_\_ People are more powerful than I am and will take advantage of me.
9. \_\_\_ If people see my discomfort they will feel contempt for me.
10. \_\_\_ People are indifferent to my feelings and don't want to know about me.
11. \_\_\_ People will make fun of me and ridicule me.
12. \_\_\_ If I let people know too much about me they will say hurtful things to me, or talk about me behind my back to others.