

**SAQ (Shyness Attribution Questionnaire)  
Lynne Henderson, Ph.D.**

**Rating the Reasons for Success and Failure**

We are going to list the three most challenging situations on your hierarchy with different possible explanations for a negative outcome (failure) of each situation. For each situation, imagine yourself in that situation, and tell me the one major cause of that negative outcome. Rate the cause you have stated on each of the next five causal dimensions. Rate how much, in your experience, this item is relevant to your stated cause. We will use the following rating scale to make your judgment:

Rate the cause

1	2	3	4	5	6	7	8	9
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little much

Tell me the number that indicates how much you feel that cause is described by this item (causal dimension).

There is no right or wrong answer, of course, so do not spend a lot of time making your judgments; the important thing is your first impression.

1. Therapist says, "Imagine that you are \_\_\_\_\_(most challenging situation). Imagine that it doesn't go as well as you had hoped or just imagine that the outcome is negative."

The cause of this outcome is \_\_\_\_\_.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is due to something about you, rather than to other people or circumstances.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is relevant to many different situations, rather than being specific to a few situations.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause can be expected to be present at the same level every time the same situation occurs.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is a factor that you have control over.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause indicates that you are worthy of blame.

Therapist says: "Now listen to each feeling carefully and decide to what extent you would be experiencing the feeling. Make your choice according to this scale: ...0 = not at all, 1 = somewhat, 2 = moderately, 3 = very much, 4 = intensely. How much \_\_\_\_\_ would you feel? (for all 5 items).

0	1	2	3	4
---	---	---	---	---

1. embarrassment

0	1	2	3	4
---	---	---	---	---

2. feeling ridiculous, laughable

0	1	2	3	4
---	---	---	---	---

3. feeling humiliated, "stupid," "childish"

0	1	2	3	4
---	---	---	---	---

4. feeling helpless, paralyzed

0	1	2	3	4
---	---	---	---	---

5. feelings of blushing

1. Therapist says, “Imagine that you are \_\_\_\_\_(second challenging situation). Imagine that it doesn’t go as well as you had hoped or just imagine that the outcome is negative.”

The cause of this outcome is \_\_\_\_\_.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is due to something about you, rather than to other people or circumstances.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is relevant to many different situations, rather than being specific to a few situations.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause can be expected to be present at the same level every time the same situation occurs.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is a factor that you have control over.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause indicates that you are worthy of blame.

Therapist says: “Now listen to each feeling carefully and decide to what extent you would be experiencing the feeling. Make your choice according to this scale: ...0 = not at all, 1 = somewhat, 2 = moderately, 3 = very much, 4 = intensely. How much \_\_\_\_\_ would you feel? (for all 5 items).

0	1	2	3	4
---	---	---	---	---

1. embarrassment

0	1	2	3	4
---	---	---	---	---

2. feeling ridiculous, laughable

0	1	2	3	4
---	---	---	---	---

3. feeling humiliated, "stupid," 'childish"

0	1	2	3	4
---	---	---	---	---

4. feeling helpless, paralyzed

0	1	2	3	4
---	---	---	---	---

5. feelings of blushing

1. Therapist says, “Imagine that you are \_\_\_\_\_ (third challenging situation). Imagine that it doesn’t go as well as you had hoped or just imagine that the outcome is negative.”

The cause of this outcome is \_\_\_\_\_.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is due to something about you, rather than to other people or circumstances.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is relevant to many different situations, rather than being specific to a few situations.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause can be expected to be present at the same level every time the same situation occurs.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause is a factor that you have control over.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The degree to which the cause indicates that you are worthy of blame.

Therapist says: “Now listen to each feeling carefully and decide to what extent you would be experiencing the feeling. Make your choice according to this scale: ...0 = not at all, 1 = somewhat, 2 = moderately, 3 = very much, 4 = intensely. How much \_\_\_\_\_ would you feel? (for all 5 items).

0	1	2	3	4
---	---	---	---	---

1. embarrassment

0	1	2	3	4
---	---	---	---	---

2. feeling ridiculous, laughable

0	1	2	3	4
---	---	---	---	---

3. feeling humiliated, "stupid," "childish"

0	1	2	3	4
---	---	---	---	---

4. feeling helpless, paralyzed

0	1	2	3	4
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5. feelings of blushing

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