

Stanford Shyness Survey/Shyness Clinic
FAX: 650-328-6115; email: lhenderson@Shyness.com

Your age:

Your occupation:

Date of birth:

Ethnic identification:

Indicate male or female:

Education:

Please answer the following questions as honestly as possible:

1) Do you consider yourself to be a shy person?

- 1) yes 2) no

2) If yes, have you always been shy (were shy previously and still are)?

- 1) yes 2) no

3) If no to question 1, was there ever a prior time in your life when you were shy?

- 1) yes 2) no

If no to all three, then you are finished with this survey. Thanks.

If yes to any of the above, please continue.

4) How often do you experience (or have you experienced) these feelings of shyness?

- 1) every day
2) almost every day
3) often, nearly every other day
4) once or twice a week
5) occasionally, less than once a week
6) rarely, once a month or less

5) Compared to your peers (of similar age, gender, and background), how shy are you?

- 1) much more shy
2) more shy
3) about as shy
4) less shy
5) much less shy

6) How desirable is it for you to be shy?

- 1) very undesirable
2) undesirable
3) neither
4) desirable
5) very desirable

7) Is (or was) your shyness ever a personal problem for you?

- 1) yes, often
- 2) yes, sometimes
- 3) yes, occasionally
- 4) rarely
- 5) never

8) Types of people who make me feel shy

- my parents
- my siblings (brothers and/or sisters)
- other relatives
- friends
- strangers
- people with cultural differences
- authorities by virtue of their knowledge
(intellectual superiors, experts)
- elderly people (much older than you)
- children (much younger than you)
- persons of the opposite sex, in a group
- persons of the opposite sex, one-to-one
- persons of the same sex, in a group
- persons of the same sex, one-to-one
- authorities by virtue of their role
(police, teacher, superior at work)

9) Do you think your shyness can be overcome?

- 1) yes
- 2) no
- 3) uncertain

10) Are you willing to make a sustained effort to overcome it?

- 1) yes, definitely
- 2) not sure yet
- 3) yes, perhaps
- 4) no

Feel free to use additional sheets to answer these questions:

Describe how your shyness is expressed.

Describe what problems your shyness has caused for you in making friends with members of the opposite sex and/or forming dating relationships.

Describe what problems your shyness has caused for you in looking for a life-partner.