

Dr. Burns' Shyness Scale*

Instructions: Put a check (✓) to indicate how much you experience each symptom when you're around other people.

Please answer all the items.

	0--Not at all true	1--Somewhat true	2--Moderately true	3--Very true	4--Completely true
Anxious Feelings in Social Situations					
1. I often feel nervous or embarrassed in social situations					
2. I often feel like I don't have anything to say in social situations					
3. I often feel anxious or insecure in social situations					
4. I often feel shy or uncomfortable around others					
5. I am afraid of looking awkward or foolish in front of others					
Please Total Your Score Here					

Scoring Key

Score	Interpretation
0	No social anxiety at all!
1 - 2	Minimal
4 - 5	Mild
6 - 10	Moderate
11 - 15	Severe
16 - 20	Very Severe