

SPSRQ – Revised SP

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| 1. Do you often refrain from doing something because you are afraid of it being illegal? | No | Yes |
| 2. Do you prefer not to ask for something you are not sure you will obtain it? | No | Yes |
| 3. Are you often afraid of new or unexpected situations? | No | Yes |
| 4. Is it difficult for you to telephone someone you do not know? | No | Yes |
| 5. Do you often renounce your rights when you know you can avoid a quarrel with a person or an organization? | No | Yes |
| 6. As a child, were you troubled by punishments at home or in school? | No | Yes |
| 7. In tasks that you are not prepared for, do you attach great importance to the possibility of failure? | No | Yes |
| 8. Are you easily discouraged in difficult situations? | No | Yes |
| 9. Are you a shy person? | No | Yes |
| 10. Whenever possible, do you avoid demonstrating your skills for fear of being embarrassed? | No | Yes |
| 11. When you are with a group, do you have difficulties selecting a good topic to talk about? | No | Yes |
| 12. Is it often difficult for you to fall asleep when you think about things you have done or must do? | No | Yes |
| 13. Do you think a lot before complaining in a restaurant if your meal is not well prepared? | No | Yes |

14. Would you be bothered if you had to return to a store when you noticed you were given the wrong change?	No	Yes
15. Whenever you can, do you avoid going to unknown places?	No	Yes
16. Are you often worried by things you said or did?	No	Yes
17. Would it be difficult for you to ask your boss for a raise (salary increase)?	No	Yes
18. Do you generally avoid speaking in public?	No	Yes
19. Do you, on a regular basis, think that you could do more things if it was not for your insecurity or fear?	No	Yes
20. Comparing yourself to people you know, are you afraid of many things?	No	Yes
21. Do you often find yourself worrying about things to the extent that performance in intellectual abilities is impaired?	No	Yes
22. Do you often refrain from doing something you like in order not to be rejected or disapproved by others?	No	Yes
23. Generally, do you pay more attention to threats than to pleasant events?	No	Yes
24. Do you often refrain from doing something because of your fear of being embarrassed?	No	Yes