Brief Fear of Negative Evaluation Scale
Leary (1983)

Read each of the following statements carefully and indicate how characteristic it is of you according to the following scale:

1 = Not at all characteristic of me
2 = Slightly characteristic of me
3 = Moderately characteristic of me
4 = Very characteristic of me
5 = Extremely characteristic of me

_____  1. I worry about what other people will think of me even when I know it doesn't make any difference.
_____  2. I am unconcerned even if I know people are forming an unfavorable impression of me.
_____  3. I am frequently afraid of other people noticing my shortcomings.
_____  4. I rarely worry about what kind of impression I am making on someone.
_____  5. I am afraid others will not approve of me.
_____  6. I am afraid that people will find fault with me.
_____  7. Other people's opinions of me do not bother me.
_____  8. When I am talking to someone, I worry about what they may be thinking about me.
_____  9. I am usually worried about what kind of impression I make.
_____ 10. If I know someone is judging me, it has little effect on me.
_____ 11. Sometimes I think I am too concerned with what other people think of me.
_____ 12. I often worry that I will say or do the wrong things.