YOUR ANSWERS. YOUR PERSPECTIVE.

Social-anxiety

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Before encounters

You describe considerable mental preparation for possible judgement during encounters. Concerns about mistakes or criticism occupy you before contact itself begins.

2

Attention during conversations

You describe strong self-monitoring during conversations. Voice, movements or visible tension may occupy attention that would otherwise be available for the content and other person. Some responses differ substantially from this direction.

3

Individual responses matter

Attention during conversations: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

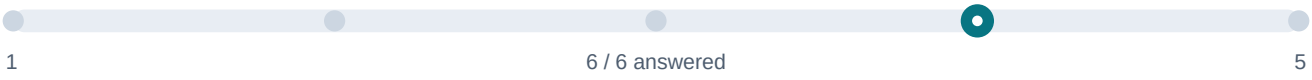
What draws your attention towards yourself during a conversation? You do not need to draw a judgement about yourself from it.

02 / YOUR REPORT

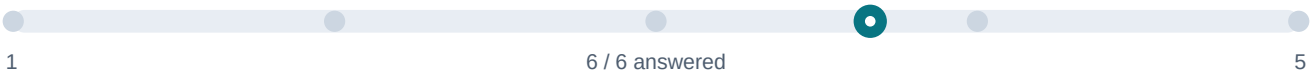
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

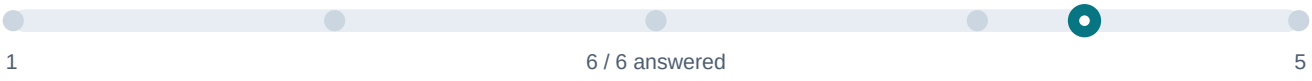
Before encounters **4.0 / 5**



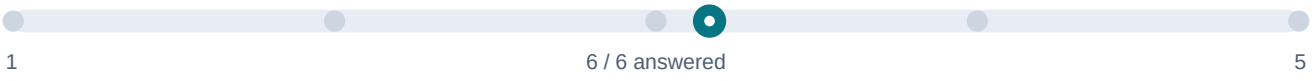
Attention during conversations **3.7 / 5**



After encounters **4.3 / 5**



Participation and withdrawal **3.2 / 5**



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The report separates concern before encounters, self-monitoring during them, review afterwards and avoided participation. It clarifies the process you describe without establishing social anxiety disorder.

Your result in words

Before encounters: You describe considerable mental preparation for possible judgement during encounters. Concerns about mistakes or criticism occupy you before contact itself begins.

Attention during conversations: You describe strong self-monitoring during conversations. Voice, movements or visible tension may occupy attention that would otherwise be available for the content and other person.

Attention during conversations: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: I lose track of a conversation because I am checking how I come across at the same time. | Mostly untrue

Item 11: I initially interpret brief pauses in conversation as a sign that I did something inappropriate. | Very true

Consider a possible everyday situation

What draws your attention towards yourself during a conversation? You do not need to draw a judgement about yourself from it.

04 / YOUR REPORT

Before encounters

Trace your responses and connect them with everyday situations.

This area concerns thoughts and preparation before social situations. It does not establish how other people actually judge you.

Your response value **4.0 / 5**



What this means in practice

You describe considerable mental preparation for possible judgement during encounters. Concerns about mistakes or criticism occupy you before contact itself begins.

Scale direction: fewer reported anticipatory worries / more reported anticipatory worries.

Two concrete responses

Item 3: I prepare sentences for ordinary encounters because I fear saying something inappropriate.

Your response: Partly true

Item 5: The thought of briefly not knowing what to say during an encounter occupies me strongly.

Your response: Very true

A prompt for further reflection

Which situation occupies your thoughts well in advance? Name the occasion and what support you would like with it.

When does this fit me - and when does it not?

05 / YOUR REPORT

Attention during conversations

Trace your responses and connect them with everyday situations.

This area describes how much you monitor yourself during an encounter. It measures neither social ability nor other people's impressions.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe strong self-monitoring during conversations. Voice, movements or visible tension may occupy attention that would otherwise be available for the content and other person.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported self-monitoring / more reported self-monitoring.

Two concrete responses

Item 10: I lose track of a conversation because I am checking how I come across at the same time.

Your response: Mostly untrue

Item 11: I initially interpret brief pauses in conversation as a sign that I did something inappropriate.

Your response: Very true

A prompt for further reflection

What draws your attention towards yourself during a conversation? You do not need to draw a judgement about yourself from it.

When does this fit me - and when does it not?

06 / YOUR REPORT

After encounters

Trace your responses and connect them with everyday situations.

These statements explore mental review after social situations. Memory and concern are not the same as an actual judgement by others.

Your response value **4.3 / 5**

1 6 / 6 answered 5

What this means in practice

You describe prolonged review of your words or impression after encounters. Individual uncertain moments appear to receive more weight than pleasant parts.

Scale direction: less reported post-event review / more reported post-event review.

Two concrete responses

Item 17: When remembering a conversation, the parts I am unhappy with come to mind first.

Your response: Partly true

Item 16: Afterwards, I look through messages for signs that I made a poor impression.

Your response: Very true

A prompt for further reflection

What observation after an encounter is certain, and what remains only an assumption? A brief note is enough.

When does this fit me - and when does it not?

07 / YOUR REPORT

Participation and withdrawal

Trace your responses and connect them with everyday situations.

This area describes whether worries about judgement limit contacts or activities you want. Voluntary quiet time or little interest in groups is not a disorder in itself.

Your response value **3.2 / 5**



What this means in practice

Your answers fall between “less reported restriction of contact” and “more reported restriction of contact”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported restriction of contact / more reported restriction of contact.

Two concrete responses

Item 19: I decline invitations that interest me because I might feel judged there.

Your response: Mostly untrue

Item 24: When a contact matters to me, I can usually take part despite some uncertainty.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

What contact or activity would you like? You do not need to act immediately; you can first name the support you would want.

08 / YOUR REPORT

Your values clearly explained

Before encounters

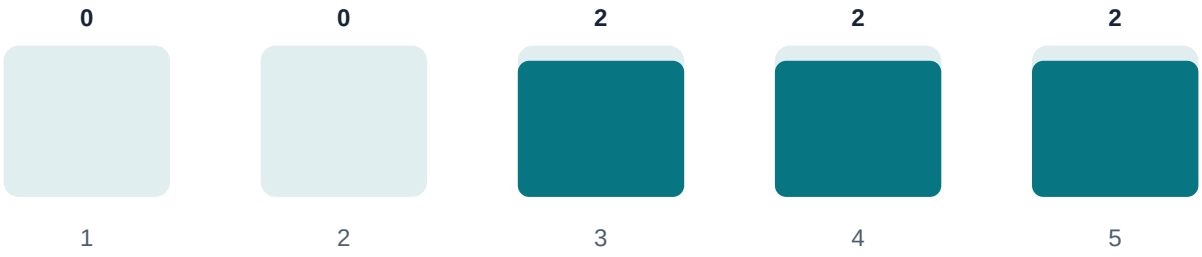
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Attention during conversations. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

What draws your attention towards yourself during a conversation? You do not need to draw a judgement about yourself from it.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

This original questionnaire is not a clinically validated social anxiety scale. It cannot reliably distinguish reserve, distressing fear of judgement, language barriers, exclusion or other influences. Response values do not establish a diagnosis or assess your social skills. If your life is restricted, you can seek professional support regardless of the profile. No exposure tasks or self-treatment plans are prescribed.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.27 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **Before talking with less familiar people, I spend a long time considering how I might come across.**
Before encounters | Mostly true

2 **An upcoming group occasion occupies my thoughts well before the event itself.**
Before encounters | Very true

3 **I prepare sentences for ordinary encounters because I fear saying something inappropriate.**
Before encounters | Partly true

4 **Before a situation in which I need to speak, I expect criticism rather than a neutral response.**
Before encounters | Mostly true

5 **The thought of briefly not knowing what to say during an encounter occupies me strongly.**
Before encounters | Very true

6 **I usually approach ordinary conversations without spending a long time doubting how I will come across.**
Before encounters | Partly true | reverse-scored

7 **During a conversation, I mentally monitor how my voice sounds.**
Attention during conversations | Partly true

8 **When others look at me, I attend more to my movements than to the conversation.**
Attention during conversations | Very true

9 **Worry that my tension might be visible occupies a lot of space during encounters.**
Attention during conversations | Mostly true

10 **I lose track of a conversation because I am checking how I come across at the same time.**
Attention during conversations | Mostly untrue

11 **I initially interpret brief pauses in conversation as a sign that I did something inappropriate.**
Attention during conversations | Very true

12 **In a familiar conversation, I can usually keep my attention on the other person.**
Attention during conversations | Partly true | reverse-scored

13 **After an encounter, I repeatedly review particular things I said.**
After encounters | Very true

Your responses in full / CONTINUED

14	**A small uncertain moment in a conversation later occupies me more than its pleasant parts.**	After encounters | Mostly true
15	**After a group occasion, I wonder for a long time whether others judged me negatively.**	After encounters | Very true
16	**Afterwards, I look through messages for signs that I made a poor impression.**	After encounters | Very true
17	**When remembering a conversation, the parts I am unhappy with come to mind first.**	After encounters | Partly true
18	**After an ordinary encounter, I can usually move on to other topics.**	After encounters | Mostly untrue | reverse-scored
19	**I decline invitations that interest me because I might feel judged there.**	Participation and withdrawal | Mostly untrue
20	**In groups, I hold back a contribution even when I want to speak.**	Participation and withdrawal | Partly true
21	**I postpone necessary questions because I feel uneasy about the possible response.**	Participation and withdrawal | Mostly true
22	**During encounters, I let others do the talking so that I attract less attention.**	Participation and withdrawal | Partly true
23	**Worries about the impression I make get in the way of a new contact I would like.**	Participation and withdrawal | Mostly untrue
24	**When a contact matters to me, I can usually take part despite some uncertainty.**	Participation and withdrawal | Not at all true | reverse-scored