BFNE-II

1. I worry about what other people will think of me even when I know it doesn’t make any difference.

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2. It bothers me when people form an unfavorable impression of me.

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3. I am frequently afraid of other people noticing my shortcomings.

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4. I worry about what kind of impression I make on people.

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5. I am afraid that others will not approve of me.

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6. I am afraid that other people will find fault with me.

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7. I am concerned about other people’s opinions of me.

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8. When I am talking to someone, I worry about what they may be thinking about me.

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9. I am usually worried about what kind of impression I make.

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10. If I know someone is judging me, it tends to bother me.

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11. Sometimes I think I am too concerned with what other people think of me.

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12. I often worry that I will say or do wrong things.

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