BFNE-II

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me

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

 0 1 2 3 4

 not at all somewhat neither somewhat extremely

 characteristic uncharacteristic characteristic nor characteristic characteristic

 of me of me uncharacteristic of me of me of me