

## Check and Buss Introversion Scale

Instructions: Please read each item carefully and decide to what extent it is characteristic of your feelings and behavior.

1 = very uncharacteristic

2 = uncharacteristic

3 = neutral

4 = characteristic

5 = very characteristic

\_\_\_\_\_ 1. I feel tense when I am with people I don't know well.

\_\_\_\_\_ 2. I am socially somewhat awkward.

\_\_\_\_\_ 3. I do NOT find it difficult to ask other people for information.

\_\_\_\_\_ 4. I am often uncomfortable at parties and other social functions.

\_\_\_\_\_ 5. When in a group of people, I have trouble thinking of the right things to talk about.

\_\_\_\_\_ 6. It does NOT take me long to overcome my shyness in new situations.

\_\_\_\_\_ 7. It is hard for me to act natural when I am meeting new people.

\_\_\_\_\_ 8. I feel nervous when speaking to someone in authority.

\_\_\_\_\_ 9. I have NO doubts about my social competence.

\_\_\_\_\_ 10. I have trouble looking someone right in the eye.

\_\_\_\_\_ 11. I feel inhibited in social situations.

\_\_\_\_\_ 12. I do NOT find it hard to talk to strangers.

\_\_\_\_\_ 13. I am more shy with members of the opposite sex.

\_\_\_\_\_ 14. During conversations with new acquaintances I worry about saying something dumb.