

SOCIAL CONNECTOR-1, PART 1

Please respond to the statements below with the appropriate response to the right.

Name _____

Date _____

Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. I would like to be more connected with others	SA	A	NS	D	SD
2. I'm not even sure I would like to be more connected with others; I just don't like people that much	SA	A	NS	D	SD
3. I would like to be more connected with others, but I have some barriers that get in the way of that	SA	A	NS	D	SD
4. If you agree with the last statement, what do you think these barriers are? _____ _____					
5. I would like to be more connected with others, but I feel too depressed and unmotivated to do anything about it	SA	A	NS	D	SD
6. I would like to be more connected with others, but I feel too anxious to get out as much as I would like to	SA	A	NS	D	SD
7. I would like to be more connected with others, but I have a high level of social anxiety	SA	A	NS	D	SD
8. I might like to be more connected to others, but I feel like I lack the social skills to do so	SA	A	NS	D	SD
If you agree with this statement, which skills do you lack: _____ _____					
9. I am afraid of abandonment or the loss of my relationships; it's easier not to get attached	SA	A	NS	D	SD
10. I am afraid of rejection; its very hard for me to deal with	SA	A	NS	D	SD
11. I am very sensitive to people judging me	SA	A	NS	D	SD
12. I feel like if I get too connected with someone I might lose my individuality or freedom	SA	A	NS	D	SD
13. I'm afraid that if I get too connected with someone I might end up hurting them	SA	A	NS	D	SD

14. I'm afraid that if I get too connected (circle any that apply):

Someone will hurt me Someone will let me down I won't be able to handle conflict