



EXPLORABLE
Think Outside The Box

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Social Anxiety Test ^[1]

Alexander Draghici ^[2] 16.3K reads

Before we begin, please take a minute to complete this test, in order to evaluate your current state.

Take a look at the following examples and rate the approximate level of anxiety that you usually experience in similar circumstances. Some of the situations might be unfamiliar to you, in which case please try to imagine how you would feel.

Situation	None (0)	Slight (1)	Undecided (2)	Moderate (3)	Strong (4)
Going to a new store/bar/restaurant					
Maintaining eye contact					
Eating/drinking in public spaces					
Starting a conversation with a new person					
Talking to your boss/teacher/person with influence					
Asking for directions/information					
Business meetings					
Parties					
Oral presentations in front of other people					
Urinating in public					
Other situations (write down your example)					

Scores between 0 and 15 – mild social anxiety

Scores between 16 and 29 – moderate social anxiety

Scores between 30 and 40 – severe social anxiety

Source URL: <https://explorable.com/e/social-anxiety-test>

Links

[1] <https://explorable.com/e/social-anxiety-test>

[2] <https://sb033.com.assistedselfhelp.com/users/Alexander%20Draghici>