# **HYPERVIGILANCE QUESTIONNAIRE**

\*Reflect on the question and choose the best suited frequency.

\*Scoring = simply add up your responses. You can also get your average by dividing the total score by twenty.

\*Make note of your "Very Frequently" answers. Do you tend to be vigilant about self, others, or both?

## 1) I spend a lot of time worrying about what other people think about me.

	Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
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## 2) I spend time focused on other people's mistakes and faults.

Never 1Rarely 2Occasionally 3Frequently 4Very Frequently 5
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#### 3) When others are moody, I believe it involves me.

Never 1Rarely 2Occasionally 3Frequently 4Very Frequently	5
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#### 4) I put energy into not feeling certain emotions. (repressing)

Never 1Rarely 2Occasionally 3Frequently 4Very Frequently 5	/	<b>J</b> = = = = = = =	- (	
			Frequently 4	very Frequently 5

#### 5) I can be affected by another person's tone.

	Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
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## 6) I put energy into not upsetting people.

Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5

### 7) I am affected negatively by conflict that does not involve me.

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Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5

Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
ə) I criticize	e myself.			
lever 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
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-		ronger relationship		Vor Frequently F
lever 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
<b>1) I assum</b> lever 1	e others are taki Rarely 2	ng or have talked a	<b>bout me in socia</b> Frequently 4	Al situations. Very Frequently 5
		· · ·	· · ·	· · · ·
12) I am off	ten focused on h	ow other people ar	e hehaving	
Vever 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
	about how to sol	ve other people's p	Frequently 4	Very Frequently 5
•				Very Frequently 5
Never 1	Rarely 2		Frequently 4	
Never 1 14) I believe	Rarely 2	Occasionally 3	Frequently 4	
Never 1 14) I believ others.	Rarely 2	Occasionally 3	Frequently 4	
Never 1 14) I believe others. Never 1	Rarely 2 e l'm not accepta Rarely 2	Occasionally 3	Frequently 4	nt a certain way t
Never 1 14) I believe others. Never 1 15) I think 1	Rarely 2 e I'm not accepta Rarely 2 that people are u	Occasionally 3 Ible the way I am, a Occasionally 3 ntrustworthy.	Frequently 4	ent a certain way t
Never 1 14) I believe others. Never 1 15) I think 1	Rarely 2 e l'm not accepta Rarely 2	Occasionally 3	Frequently 4	nt a certain way t
Never 1 14) I believe others. Never 1 15) I think t Never 1	Rarely 2 e I'm not accepta Rarely 2 that people are u Rarely 2	Occasionally 3 Ible the way I am, a Occasionally 3 Intrustworthy. Occasionally 3	Frequently 4	ent a certain way t Very Frequently 5 Very Frequently 5
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# Never 1 Rarely 2 Occasionally 3 Frequently 4 Very Frequently 5

# **19)** I worry about being an imposter.

Never 1         Rarely 2         Occasionally 3         Frequently 4         Very Frequently 5		-		-			
	Never 1		Rarely 2		Occasionally 3	Frequentiv 4	Vary Fraguantly F

# 20) I spend time thinking about how things won't work out.

		0 1 1 0		
Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5