

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 |
|---------|----------|----------------|--------------|-------------------|

2) I spend time focused on other people’s mistakes and faults.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

3) When others are moody, I believe it involves me.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

4) I put energy into not feeling certain emotions. (repressing)

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | 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 |
|---------|----------|----------------|--------------|-------------------|

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.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

8) I get anxious about how I sound and come across with others.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

9) I criticize myself.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

10) I notice others having stronger relationships.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

11) I assume others are taking or have talked about me in social situations.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

12) I am often focused on how other people are behaving.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

13) I think about how to solve other people's problems.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

14) I believe I'm not acceptable the way I am, and I must present a certain way to others.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

15) I think that people are untrustworthy.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

16) I spend time thinking of possible disasters (physical and personal).

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

17) I get caught up in comparing myself to or being in competition with others.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|

18) I'm overly careful about making mistakes.

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| 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 |
|---------|----------|----------------|--------------|-------------------|

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

| | | | | |
|---------|----------|----------------|--------------|-------------------|
| Never 1 | Rarely 2 | Occasionally 3 | Frequently 4 | Very Frequently 5 |
|---------|----------|----------------|--------------|-------------------|