



Subtle Avoidance Frequency Examination (SAFE)

Name:	Date:
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Instructions: Some people do the following things when they feel anxious in social situations. Using the scale below (1-5), rate how often you would do these things when you are in a social situation.

0	1	2	3	4
Never	Occasionally	Sometimes	Often	Always

In a social situation when you felt anxious how often would you:

	0	1	2	3	4
1. Before you arrive, excessively rehearse what you might say or how you might behave	0	1	2	3	4
2. Remain silent	0	1	2	3	4
3. Try to keep tight control of your behaviour	0	1	2	3	4
4. Speak softly	0	1	2	3	4
5. Say 'I'm not usually like this'	0	1	2	3	4
6. Blank out or switch off mentally	0	1	2	3	4
7. Hold your arms still	0	1	2	3	4
8. Spend time thinking of good excuses for escaping	0	1	2	3	4
9. Wear cool clothes to prevent sweating	0	1	2	3	4
10. Avoid eye contact	0	1	2	3	4
11. Wear clothes or makeup to hide blushing	0	1	2	3	4
12. Say 'it's hot' to explain sweating or blushing	0	1	2	3	4
13. Account for poor performance by saying that you didn't have time to prepare	0	1	2	3	4
14. Rehearse sentences in your mind	0	1	2	3	4
15. Spend hours on grooming prior to the situation	0	1	2	3	4
16. Wear clothes that will conceal sweating if it occurs	0	1	2	3	4
17. Say that you are sick/unwell	0	1	2	3	4
18. Look closely at other people and try to gauge their reactions to you	0	1	2	3	4
19. Avoid asking questions	0	1	2	3	4



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0 Never	1 Occasionally	2 Sometimes	3 Often	4 Always
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In a social situation when you felt anxious how often would you:

	0	1	2	3	4
20. Speak in short sentences	0	1	2	3	4
21. Keep still to avoid drawing attention to yourself	0	1	2	3	4
22. Hide your face	0	1	2	3	4
23. Make excuses about your appearance	0	1	2	3	4
24. Check the redness of your face in a mirror	0	1	2	3	4
25. Try to think about other things	0	1	2	3	4
26. Try to think of reasons why the other person is inferior to you	0	1	2	3	4
27. Avoid pauses in speech	0	1	2	3	4
28. Position yourself so as not to be noticed	0	1	2	3	4
29. Hold your cup or glass tightly	0	1	2	3	4
30. Ask others about your performance	0	1	2	3	4
31. Imagine you are somewhere else	0	1	2	3	4
32. Be reserved about what you say	0	1	2	3	4

SCORING: The SAFE scores are calculated by summing the ratings for each item. There are no reverse-scored items.