Rejection Sensitivity Test

Patient name: _____ Age: _____

Gender: _____ Date of completion: _____ dd / mm / yyyy

For each question, imagine you are in the described situation and think about how you would feel and what you would expect. Then, answer the two follow-up questions: Concern/anxiety: Rate how concerned or anxious you would feel about the situation using a scale from 1 (very unconcerned) to 6 (very concerned). Expectation: Rate how likely you believe the described outcome would be, using a scale from 1 (very unlikely) to 6 (very likely). Please answer honestly based on how you think and feel most of the time. There are no right or wrong answers.

1A. You ask your parents or another family member for a loan to help you through a difficult financial time. How concerned or anxious would you be about whether or not your family would want to help you?

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

1B. I would expect that they would agree to help as much as they can.

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

2A. You approach a close friend to talk after doing or saying something that seriously upset them. How concerned or anxious would you be about whether or not your friend would want to talk with you?

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

2B. I would expect that he/she would want to talk with me to try to work things out.

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

3A. You bring up the issue of sexual protection with your significant other and tell them how important you think it is. How concerned or anxious would you be about their reaction?

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

3B. I would expect that he/she would be willing to discuss our possible options without getting defensive.

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

4A. You ask your supervisor for help with a problem you have been having at work. How concerned or anxious would you be about whether or not they would want to help you?

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

4B. I would expect that he/she would want to try to help me out.

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

5A. After a bitter argument, you call or approach your significant other because you want to make up. How concerned or anxious would you be about whether or not your significant other would want to make up with you?

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

5B. I would expect that he/she would be at least as eager to make up as I would be.

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

6A. You ask your parents or other family members to come to an occasion important to you. How concerned or anxious would you be about whether or not they would want to come?

○ ○ ○ ○ ○ ○
1 2 3 4 5 6

6B. I would expect that they would want to come.

1 2 3 4 5 6

7A. At a party, you notice someone on the other side of the room that you'd like to get to know, and you approach them to try to start a conversation. How concerned or anxious would you be about whether or not the person would want to talk with you?

1 2 3 4 5 6

7B. I would expect that he/she would want to talk with me.

1 2 3 4 5 6

8A. Lately you've been noticing some distance between yourself and your significant other, and you ask them if there is something wrong. How concerned or anxious would you be about whether or not they still love you and want to be with you?

1 2 3 4 5 6

8B. I would expect that he/she will show sincere love and commitment to our relationship no matter what else may be going on.

1 2 3 4 5 6

9A. You call a friend when there is something on your mind that you feel you really need to talk about. How concerned or anxious would you be about whether or not your friend would want to listen?

1 2 3 4 5 6

9B. I would expect that he/she would listen and support me.

1 2 3 4 5 6

Total score: _____