Referential Thinking Scale
Directions. Please read the following statements and answer them true (T) or false (F) as they apply to you. Do not skip any items and answer them as honestly as possible, giving only your own opinion of yourself. When thinking about yourself and your experiences, do not count as important those attitudes, feelings, or experiences you might have had only while under the influences of alcohol or other drugs.

T F 1. When I overhear a conversation, I often wonder if people are saying bad things about me.
T F 2. I often think that people talk about me when I walk down the street.
T F 3. If I see someone laughing, I often wonder if they are laughing at me.
T F 4. Strangers often smirk at me.
T F 5. People often fidget in their seats when I enter a room.
T F 6. When I see two people talking at work, I usually think they are criticizing me.
T F 7. When I hear two people speaking a foreign language, I often think they might be commenting on my behavior.
T F 8. People I do not know often notice how I dress.
T F 9. I often feel that people are looking at me.
T F 10. I hear a favorite song and think that it was probably written with me in mind.
T F 11. I have read books that seem to have been written about me.
T F 12. Films often seem to be very similar to my life story.
T F 13. I often wonder if radio DJs play songs just for me.
T F 14. Quite often, I wonder if people are laughing as I walk by.
T F 15. I sometimes think that newspaper articles contain messages for me.
T F 16. Traffic lights usually turn red because I am driving in a hurry.
T F 17. Dogs seem to bark a lot when I am near.
T F 18. When I am on a train or bus, it seems that people often watch me closely.
T F 19. I do not think that people on the street pay special attention to me.
T F 20. Professors (or speakers) often seem to direct their lectures to me.
T F 21. Even if they do not say it, it seems to me that other people are always wondering how smart I am.
T F 22. Small animals seem to take special notice of me as I walk by.
T F 23. I have noticed that people I do not know often wave to me.
T F 24. I often think others comment to each other about my clothing.
T F 25. It seems to me that other people often imitate my style of dressing.
T F 26. I think others often imitate my manner of speaking.
T F 27. I often wonder why so many people leave the highway using the same exit that I use.
T F 28. When I feel ashamed, I think others often know why I feel that way.
T F 29. People almost always notice the parts of my personality or character that I try to hide.
T F 30. When I see something broken, I often wonder if others blame me for it.
T F 31. Although I know deep down inside it is not true, I often feel that others blame me for things.
T F 32. I am not sure why, but people often seem to pay a lot of attention to me.
T F 33. I often think that people are making accusations about my behavior.
T F 34. I often wonder if people are in a class because I am there.