

	Reassurance seeking is described as the seeking to restore a sense of confidence or to reduce anxiety or apprehension. As such, we are interested in learning about the kinds of situation/events that prompt you to seek reassurance to feel more confident about yourself or to reduce emotional distress. Please circle the number in the appropriate box to indicate <i>how frequently you find yourself seeking reassurance</i> around the following themes/events:	Not at all	A little	Moderately	Quite a lot	Extremely
1	To whether something bad is going to happen to you?	1	2	3	4	5
2	To make sure you are okay?	1	2	3	4	5
3	To feel more relaxed?	1	2	3	4	5
4	To get approval from others?	1	2	3	4	5
5	To whether you are loved or cared for?	1	2	3	4	5
6	To gain more peace and serenity within yourself?	1	2	3	4	5
7	Before exploring something new?	1	2	3	4	5
8	When you are not getting “enough attention”?	1	2	3	4	5
9	To get support from others?	1	2	3	4	5
10	Prior to making a change in some areas of your life (e.g., career, academic, relationships)?	1	2	3	4	5
11	Prior to making a decision?	1	2	3	4	5
12	When you doubt your decision?	1	2	3	4	5
13	When you have to do something on your own?	1	2	3	4	5
14	When you have to choose among alternative options?	1	2	3	4	5
15	To whether you have considered all the possible details prior to making a decision?	1	2	3	4	5
16	To avoid feeling responsible for the outcome of decisions in major areas of your life?	1	2	3	4	5

17	When you have a lot of responsibility about something?	1	2	3	4	5
18	When you think you have made the wrong decision?	1	2	3	4	5
19	To decrease your “sense of personal responsibility?”	1	2	3	4	5
20	Before initiating or doing things?	1	2	3	4	5
21	To whether you are a lovable/caring person?	1	2	3	4	5
22	To gain more certainty about a situation or something that is uncertain?	1	2	3	4	5
23	To whether you have received a negative evaluation?	1	2	3	4	5
24	To whether you are safe?	1	2	3	4	5
25	To prevent the occurrence of a catastrophic event?	1	2	3	4	5
26	To feel better inside?	1	2	3	4	5
27	When you think a negative event is likely to occur?	1	2	3	4	5
28	To whether others are upset with you?	1	2	3	4	5
29	To turn off your anxiety feelings?	1	2	3	4	5
30	To feel close to others?	1	2	3	4	5