



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Paranoia/Suspiciousness Questionnaire**

Please answer each question by checking Y or N to the left of the question. There are no right or wrong answers and no trick questions. Be as honest as you can, but don't think too long about the exact meaning of each question.

Y	N	
<input type="checkbox"/>	<input type="checkbox"/>	Do people generally seem to take offence easily?
<input type="checkbox"/>	<input type="checkbox"/>	Do you sometimes feel that no one understands you?
<input type="checkbox"/>	<input type="checkbox"/>	Are you sometimes eaten up with jealousy?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel that it is other people who always seem to get the breaks?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel that you have often been punished without cause?
<input type="checkbox"/>	<input type="checkbox"/>	Would you have been more successful if others around you had not put difficulties in your way?
<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to assume that all people have a vicious streak and it will come out when they are given a chance?
<input type="checkbox"/>	<input type="checkbox"/>	Are you sure you are being talked about?
<input type="checkbox"/>	<input type="checkbox"/>	Do you often get into a jam because you do things without thinking?
<input type="checkbox"/>	<input type="checkbox"/>	Have you had an awful lot of bad luck?
<input type="checkbox"/>	<input type="checkbox"/>	Do you wonder why sometimes you feel so bitter about things?
<input type="checkbox"/>	<input type="checkbox"/>	Do you believe you will never be satisfied?
<input type="checkbox"/>	<input type="checkbox"/>	Do you think that you feel more intensely than other people?
<input type="checkbox"/>	<input type="checkbox"/>	Do people you are with have a strong influence on your moods?
<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to be envious of other people's good fortune?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel that you have had more than your share of things to worry about?
<input type="checkbox"/>	<input type="checkbox"/>	Do you sometimes feel 'like a powder keg ready to explode'?
<input type="checkbox"/>	<input type="checkbox"/>	Are you more sensitive than most people?
<input type="checkbox"/>	<input type="checkbox"/>	Do you believe in never trusting anyone who has a grudge against you?
<input type="checkbox"/>	<input type="checkbox"/>	Do people sometimes say insulting things about you?
<input type="checkbox"/>	<input type="checkbox"/>	Do people mean to do and say things to annoy you?
<input type="checkbox"/>	<input type="checkbox"/>	Do you suspect that people who act friendly to you can be disloyal to you behind your back?

Y

N

Are you an 'even tempered' person?

Do you feel at times that you've got a raw deal out of life?

Do you get suspicious of over-friendly strangers?

Are you happy most of the time?

Do you often get involved in things you later wish you could get out of?

Have you had more trouble than most?

Do you get so 'carried away' by new and exciting ideas that you never think of the possible snags?

Do you often notice your ears ringing or buzzing?

When put in charge of something, do you insist that your instructions are followed, or else you resign?

When people are especially nice, do you wonder what they want?

Do you sometimes feel that people are laughing at you behind your back?

Do you doubt the honesty of people who are friendlier than you would expect them to be?

Do some of your friends think that you are a hothead?

Do you find that you can't help getting into arguments when people disagree with you?

Do you sometimes fly off the handle for no good reason?

Do you agree that there are really more nice people than objectionable people in the world?

Do you get upset when people don't notice how you look when you go out in public?

Do you have trouble controlling your temper?

Would you like to be in a position where people were frightened to defy you?

Do you often feel that people have it in for you?

Do you feel at times that people are talking about you?

Do you feel that you have to be on your guard even with your friends?

Do you feel that it is safer to trust nobody?

Do you feel lonely most of the time, even when you're with people?

Are you often bothered by the feeling that people are watching you?