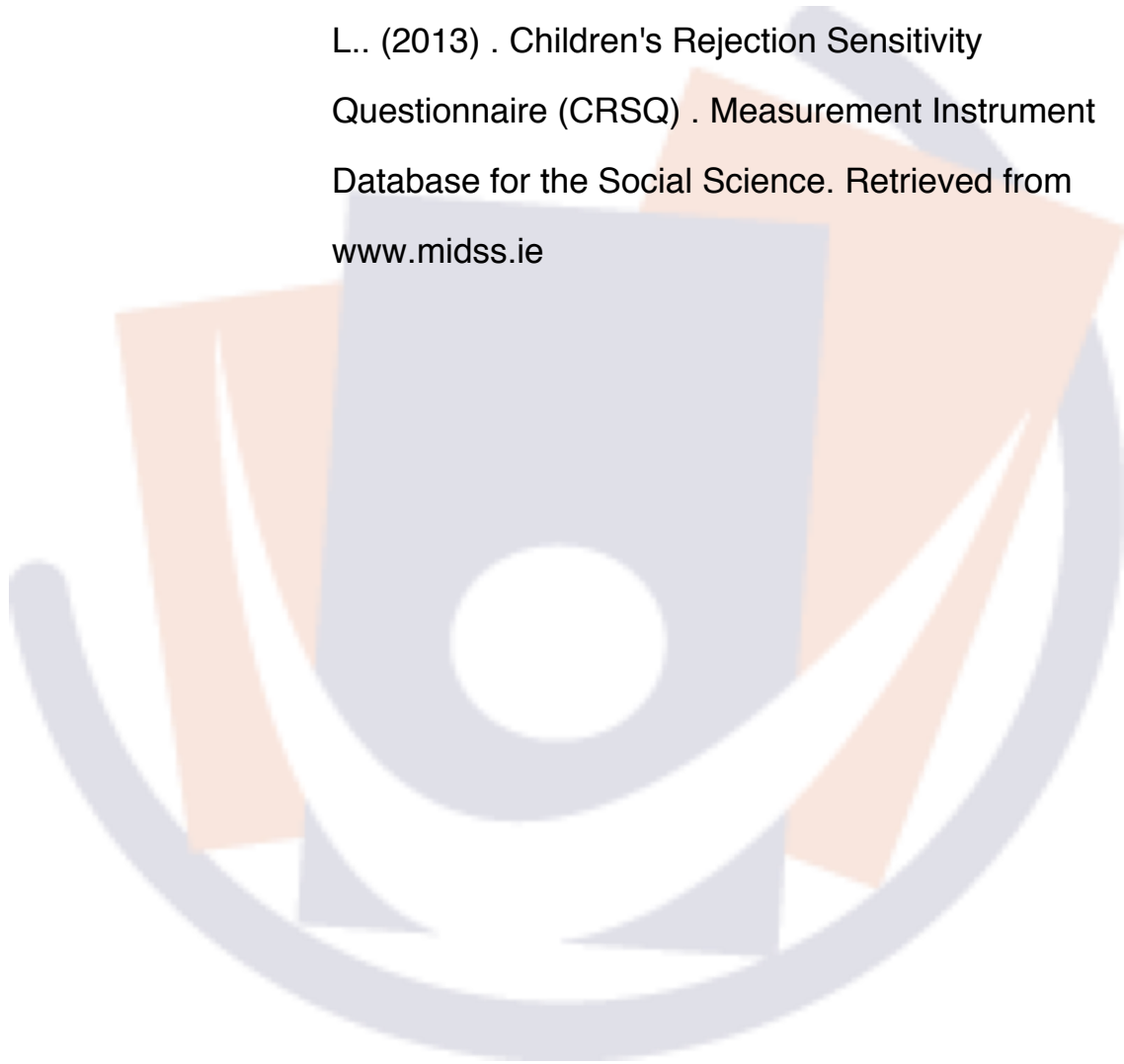


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## Children's Rejection Sensitivity Questionnaire

Please imagine yourself in each of the following situations described here and tell us how you would feel in each.

1. Imagine you want to buy a present for someone who is really important to you, but you don't have enough money. So you ask a kid in your class if you could please borrow some money. The kid says, "Okay, wait for me outside the front door after school. I'll bring the money." As you stand outside waiting, you wonder if the kid will really come.

How NERVOUS would you feel, RIGHT THEN, about whether or not the kid will show up?

**not nervous** 1 2 3 4 5 **very, very nervous**  
6

How MAD would you feel, RIGHT THEN, about whether or not the kid will show up?

**not mad** 1 2 3 4 5 **very, very mad**  
6

Do you think the kid will show up to give you the money?

**YES!!!** 1 2 3 4 5 **NO!!!**  
6

2. Imagine you are the last to leave your classroom for lunch one day. As you're running down the stairs to get to the cafeteria, you hear some kids whispering on the stairs below you. You wonder if they are talking about YOU.

How NERVOUS would you feel, RIGHT THEN, about whether or not those kids were badmouthing you?

**not nervous** 1 2 3 4 5 **very, very nervous**  
6

How MAD would you feel, RIGHT THEN, about whether or not those kids were badmouthing you?

**not mad** 1 2 3 4 5 **very, very mad**  
6

Do you think they were saying bad things about you?

**YES!!!**

1            2            3            4            5

**NO!!!**

6

3. Imagine that a kid in your class tells the teacher that you were picking on him/her. You say you didn't do it. The teacher tells you to wait in the hallway and she will speak to you. You wonder if the teacher will believe you.

How **NERVOUS** would you feel, **RIGHT THEN**, about whether or not the teacher will believe your side of the story?

**not nervous**

1            2            3            4            5

**very, very nervous**

6

How **MAD** would you feel, **RIGHT THEN**, about whether or not the teacher will believe your side of the story?

**not mad**

1            2            3            4            5

**very, very mad**

6

Do you think she will believe your side of the story?

**YES!!!**

1            2            3            4            5

**NO!!!**

6

4. Imagine you had a really bad fight the other day with a friend. Now you have a serious problem and you wish you had your friend to talk to. You decide to wait for your friend after class and talk with him/her. You wonder if your friend will want to talk to you.

How **NERVOUS** would you feel, **RIGHT THEN**, about whether or not your friend will want to talk to you and listen to your problem?

**not nervous**

1            2            3            4            5

**very, very nervous**

6

How **MAD** would you feel, **RIGHT THEN**, about whether or not your friend will want to talk to you and listen to your problem?

**not mad**

1            2            3            4            5

**very, very mad**

6

Do you think he/she will want to talk to you and listen to your problem?

**YES!!!**

1            2            3            4            5

**NO!!!**

6

5. Imagine that a famous person is coming to visit your school. Your teacher is going to pick five kids to meet this person. You wonder if she will choose you..

How NERVOUS would you feel, RIGHT THEN, about whether or not the teacher will choose you?

**not nervous** 1 2 3 4 5 6 **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not the teacher will choose you?

**not mad** 1 2 3 4 5 6 **very, very mad**

Do you think the teacher will choose YOU to meet the special guest?

**YES!!!** 1 2 3 4 5 6 **NO!!!**

6. Imagine you have just moved and you are walking home from school. You wish you had someone to walk home with. You look up and see in front of you another kid from class, and you decide to walk up to this kid and start talking. As you rush to catch up, you wonder if he/she will want to talk to you.

How NERVOUS would you feel, RIGHT THEN, about whether or not he/she will want to talk to you?

**not nervous** 1 2 3 4 5 6 **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not he/she will want to talk to you?

**not mad** 1 2 3 4 5 6 **very, very mad**

Do you think he/she will want to talk to you?

**YES!!!** 1 2 3 4 5 6 **NO!!!**

7. Now imagine that you're back in class. Your teacher asks for a volunteer to help plan a party for your class. Lots of kids raise their hands so you wonder if the teacher will choose YOU.

How NERVOUS would you feel, RIGHT THEN, about whether or not the teacher will choose you?

**not nervous** 1 2 3 4 5 6 **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not the teacher will choose you?

**not mad** 1 2 3 4 5 6 **very, very mad**

Do you think the teacher will choose YOU?

**YES!!!** 1 2 3 4 5 6 **NO!!!**

8. Imagine it's Saturday and you're carrying groceries home for your family. It is raining hard and you want to get home FAST. Suddenly, the paper bag you are carrying rips. All your food tumbles to the ground. You look up and see a couple of kids from your class walking quickly. You wonder if they will stop and help you.

How NERVOUS would you feel, RIGHT THEN, about whether or not those kids will want to stop and help you?

**not nervous** 1 2 3 4 5 6 **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not those kids will want to stop and help you?

**not mad** 1 2 3 4 5 6 **very, very mad**

Do you think they will offer to help you?

**YES!!!** 1 2 3 4 5 6 **NO!!!**

9. Pretend you have moved and you are going to a different school. In this school, the teacher lets the kids in the class take home a video game to play with on the weekend. Every week so far, you have watched someone else take it home. You decide to ask the teacher if YOU can take home the video game this time. You wonder if she will let you have it.

How NERVOUS would you feel, RIGHT THEN, about whether or not the teacher will let you take the video game home this time?

**not nervous**                      1              2              3              4              5              6              **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not the teacher will let you take the video game home this time?

**not mad**                      1              2              3              4              5              6              **very, very mad**

Do you think the teacher is going to let you take home the video game this time?

**YES!!!**                      1              2              3              4              5              6              **NO!!!**

10. Imagine you're back in your classroom, and everyone is splitting up into groups to work on a special project together. You sit there and watch lots of other kids getting picked. As you wait, you wonder if the kids will want you for their group.

How NERVOUS would you feel, RIGHT THEN, about whether or not they will choose you?

**not nervous**                      1              2              3              4              5              6              **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not they will choose you?

**not mad**                      1              2              3              4              5              6              **very, very mad**

Do you think the kids in your class will choose you for their group?

**YES!!!**                      1              2              3              4              5              6              **NO!!!**

11. Imagine that your family has moved to a different neighborhood, and you're going to a new school. Tomorrow is a big math test, and you are really worried because you don't understand this math at all! You decide to wait after class and speak to your teacher. You wonder if she will offer to help you.

How NERVOUS would you feel, RIGHT THEN, about whether or not the teacher will offer to help you?

**not nervous** 1 2 3 4 5 6 **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not the teacher will offer to help you?

**not mad** 1 2 3 4 5 6 **very, very mad**

Do you think the teacher will offer to help you?

**YES!!!** 1 2 3 4 5 6 **NO!!!**

12. Imagine you're in the bathroom at school and you hear your teacher in the hallway outside talking about a student with another teacher. You hear her say that she really doesn't like having this child in her class. You wonder if she could be talking about YOU.

How NERVOUS would you feel, RIGHT THEN, about whether or not the teacher was talking about you?

**not nervous** 1 2 3 4 5 6 **very, very nervous**

How MAD would you feel, RIGHT THEN, about whether or not the teacher was talking about you?

**not mad** 1 2 3 4 5 6 **very, very mad**

Do you think the teacher meant YOU when she said there was a kid she didn't like having in the class?

**YES!!!** 1 2 3 4 5 6 **NO!!!**