

Hurt Feelings Scale

(Leary & Springer, 2001)

Read each of the following statements carefully and indicate how characteristic it is of you according to the following scale:

- 1 = Not at all characteristic of me
- 2 = Slightly characteristic of me
- 3 = Moderately characteristic of me
- 4 = Very characteristic of m
- 5 = Extremely characteristic of me

- ___ My feelings are easily hurt.
- ___ I am a sensitive person.
- ___ I am "thick-skinned."
- ___ I take criticism well.
- ___ Being teased hurts my feelings.
- ___ I rarely feel hurt by what other people say or do to me.