Communication Anxiety – Form Trait
Communication Anxiety – Trait Form – English Version
Response set:
1- Almost never
2- Sometimes
3- Often
4- Almost always

1. I think I communicate effectively in one-to-one situations.  
2. My heart beats faster than usual when I speak out in a small group meeting.
3. I enjoy speaking in public.
4. I avoid talking with individuals I don't know very well.
5. I think I make a poor impression when I speak at a small group meeting.
6. I feel disappointed in myself after speaking in public.
7. I enjoy talking with someone I've just met.
8. My body feels relaxed when I speak during a small group meeting.
9. I avoid speaking in public if possible.
10. My body feels tense when I talk with someone I don't know very well.
11. I speak out during small group meetings.
12. I am terrified at the thought of speaking in public.
13. My heart beats faster than usual when I talk with someone I've just met.
14. I enjoy talking at a small group meeting.
15. I make a good impression when I speak in public.
16. I would like to have a job that requires me to talk often on a one-to-one basis.
17. I feel disappointed in my efforts to communicate at a small group meeting.
18. My body feels tense and stiff when I speak in public.
19. When conversing with someone on a one-to-one basis, I prefer to listen rather than to talk.
20. I avoid talking during small group meetings.
21. I look forward to speaking in public.

Communication Anxiety – Trait Form – Spanish Version
Response set:
1- Casi nunca
2- Algunas veces
3- Con frecuencia
4- Casi siempre

1. Creo que me comunico de manera efectiva cuando tengo contacto uno a uno con otras personas.
2. Mi corazón late apresuradamente, cuando hablo en público, aún en pequeños grupos.
3. Disfruto hablar en público.
4. Evito hablar con personas a quienes no conozco muy bien.
5. Creo que doy una mala impresión cuando hablo aún ante grupos reducidos.
6. Me siento decepcionado de mí mismo después de hablar en público.
7. Me agrada hablar con alguien a quien acabo de conocer.