

SELF-CONCEALMENT SCALE

Please indicate the extent of your agreement with each of the following statements using the scale below:

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Circle one number for each item.

- 1 2 3 4 5 I have an important secret that I haven't shared with anyone.
- 1 2 3 4 5 If I shared all my secrets with my friends, they'd like me less.
- 1 2 3 4 5 There are lots of things about me that I keep to myself.
- 1 2 3 4 5 Some of my secrets have really tormented me.
- 1 2 3 4 5 When something bad happens to me, I tend to keep it to myself.
- 1 2 3 4 5 I'm often afraid I'll reveal something I don't want to.
- 1 2 3 4 5 Telling a secret often backfires and I wish I hadn't told it.
- 1 2 3 4 5 I have a secret that is so private I would lie if anybody asked me about it.
- 1 2 3 4 5 My secrets are too embarrassing to share with others.
- 1 2 3 4 5 I have negative thoughts about myself that I never share with anyone.

Larson, D. G., & Chastain, R. L. (1990). Self-concealment: Conceptualization, measurement, and health implications. *Journal of Social and Clinical Psychology, 9*(4), 439-455.