

Instrument Title: Hurt Feelings Scale

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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 me
- 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.