Instrument Title: Hurt Feelings Scale
Instrument Author: Leary, M. R.
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.